The pride of North Carolina's electric cooperatives

Volume 45, No. 4, April 2013

Carolina country

Going to the Country

6 adventures

Co-op Nation

Allen de Hart's trails

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The changing electric utility landscape—page 10

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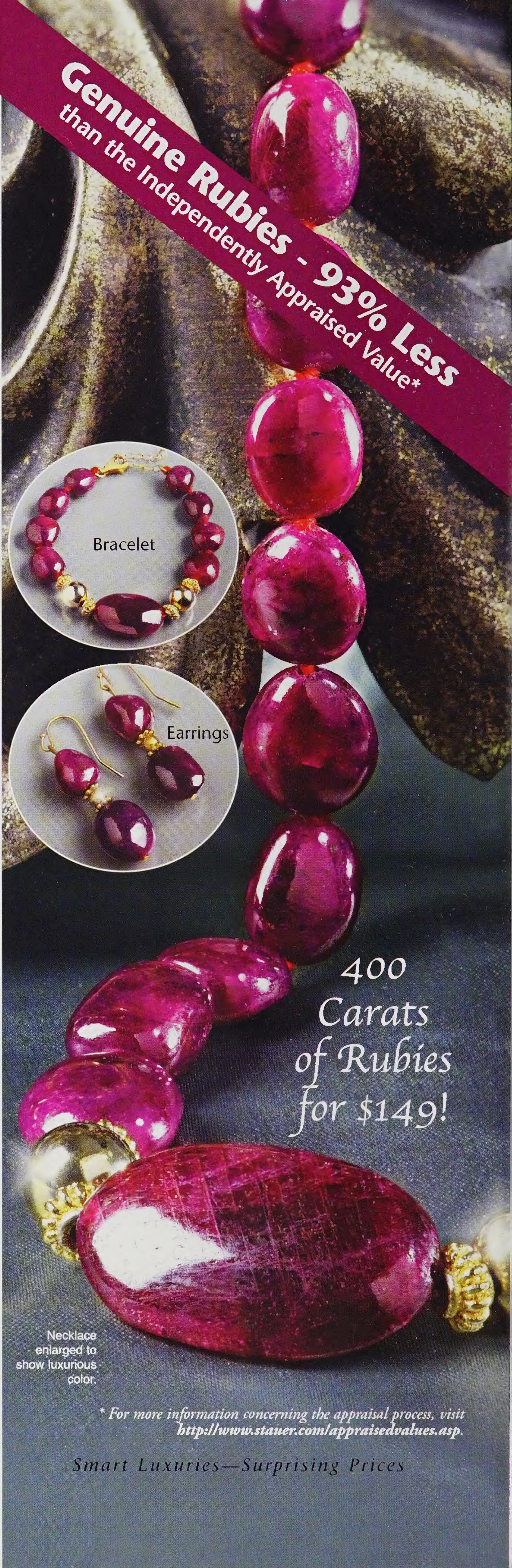
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Your cooperative sends you Carolina Country as a convenient, economical way to share with its members information about services, director elections, meetings and management decisions. The magazine also carries legal notices that otherwise would be published in other media at greater cost.

Your co-op's board of directors authorizes a subscription to Carolina Country on behalf of the membership at a cost of less than $4 per year.

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Inspired to lead Co-op Nation

By Jo Ann Emerson

On March 2, Jo Ann Emerson became chief executive officer of the National Rural Electric Cooperative Association. The following is excerpted from her remarks to the NRECA annual meeting held in February in New Orleans.

I feel very privileged to join such a fabulous family, the Co-op Nation. There is no better.

I come from Cape Girardeau, Missouri, a town of about 35,000 people on the banks of the mighty Mississippi River. We have had our fair share of disasters. We have had floods, we have had tornadoes, we have had ice storms, and we even had a derecho. (I didn't know what that was until a couple of years ago.) But during the 16-plus years that I have been privileged to serve southern Missouri in Congress, I have seen up close and personal how electric cooperatives can be counted on in times of disaster. It has so inspired me.

We work together—and we work on the front lines—co-op leaders, members, the first ones to respond. Co-ops are there to make sure people have shelter if they have no homes to stay in. We have hot meals for all of the folks who need them. We have generators for people, clothing for people who lost everything. The co-ops always are there first. That makes me so proud. That is what makes co-ops different from everybody else.

During the ice storms particularly, our electric cooperative linemen were out there in the harshest of circumstances. It looked like a war had happened. Thousands of poles were lost, and they were out there in 2-degree weather to bring the lights back on.

It inspired me to learn more about what our Co-op Nation does to help people—even in the remotest parts of the world. When co-ops bring electricity to people, they bring the opportunity for people to realize their dreams. Electric co-ops make that happen.

I have been so inspired as well by meeting over the years the students who are part of our Rural Electric Youth Tour to Washington. They are today's leaders in their schools and in their communities, and they will be tomorrow's leaders helping us grow our Co-op Nation.

I have been inspired, too, by the co-op managers I have met, who often face very challenging circumstances. I have been inspired by co-op board members who give so much personal time to Co-op Nation. I know it is not easy for their families, but they make a difference in people's lives. Co-ops lift up their communities. That is very inspiring to me.

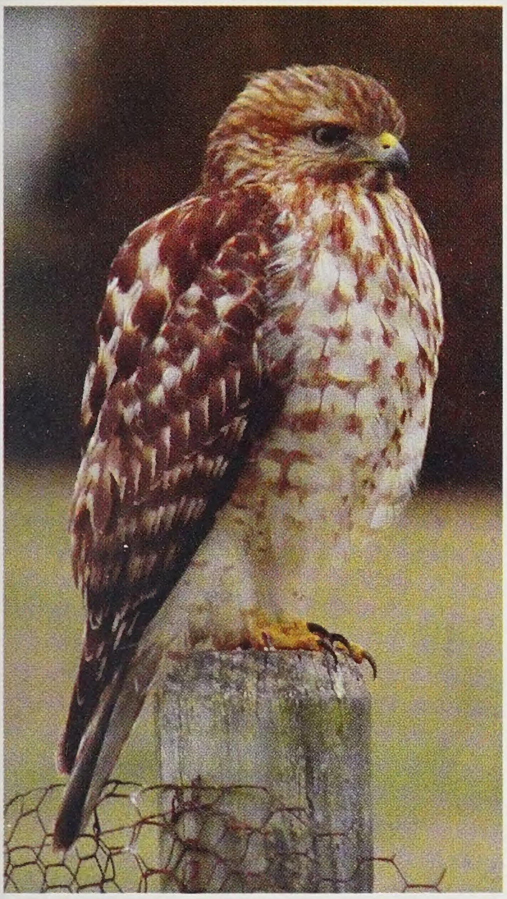
As electric co-ops, we do face challenges, including from forces that may have a different agenda from ours. We need to show them how we make lives better for people in our communities. We have a common purpose to face those challenges with creativity and ingenuity.

And guess what? If we stick together, if we work hard, if we remember that we are a family, we can accomplish what we need to do. If we have differences, we need to talk about them, air them out, and then work with each other just like people do in a family. If we are together as one, we can work successfully for that common purpose.

I feel very blessed, very privileged, to have been given the opportunity to lead such a respectable organization on the mission to serve our nation's families, businesses and communities. I thank you from the bottom of my heart.

Michael Lynch

Jo Ann Emerson works with the Youth Leadership Council's Congressional Action Center at the NRECA annual meeting.



A red-tailed visitor

This is a beautiful red-tailed hawk that is a regular visitor in my back yard.

Telitha Cook, Harmony, EnergyUnited

Kids can win a camp scholarship

The Core Sound Decoy Carvers Guild is sponsoring an essay contest to help send 10 kids between the ages of 10–17 to Camp Canvasback at the Eastern 4-H Center for the week of July 14–19. Winners will receive a 50 percent scholarship to attend the camp ($230 for the remaining tuition). Interested children should send a typed essay of 500 words or less by May 1 on why they would like to attend Camp Canvasback.

Raymond Earp, Core Sound Decoy Carvers Guild,
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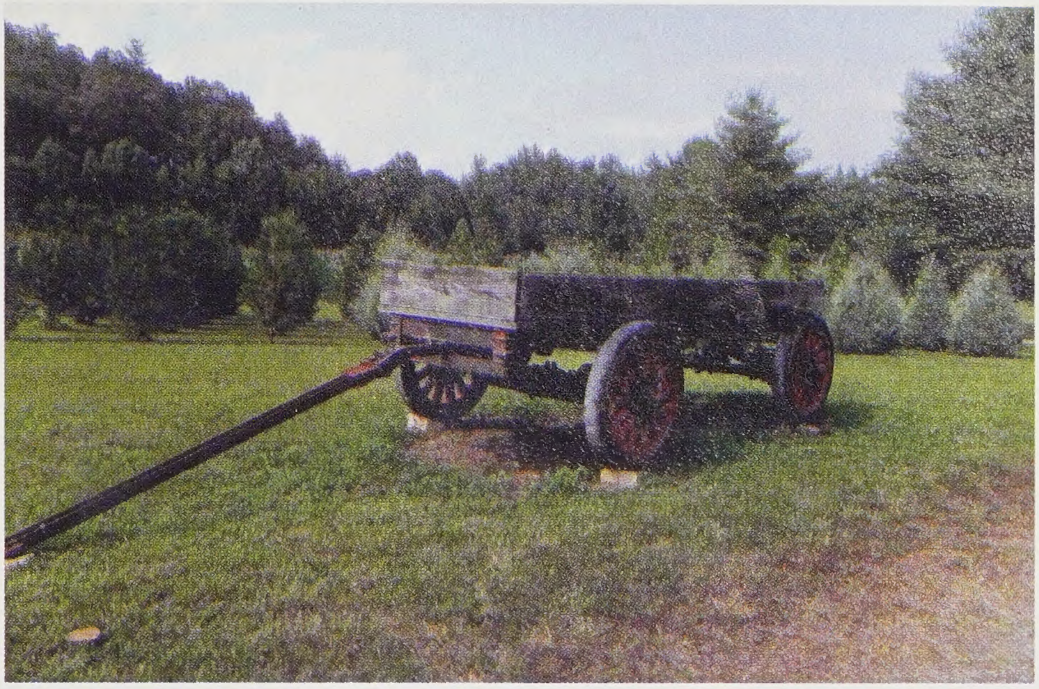


Warhorse

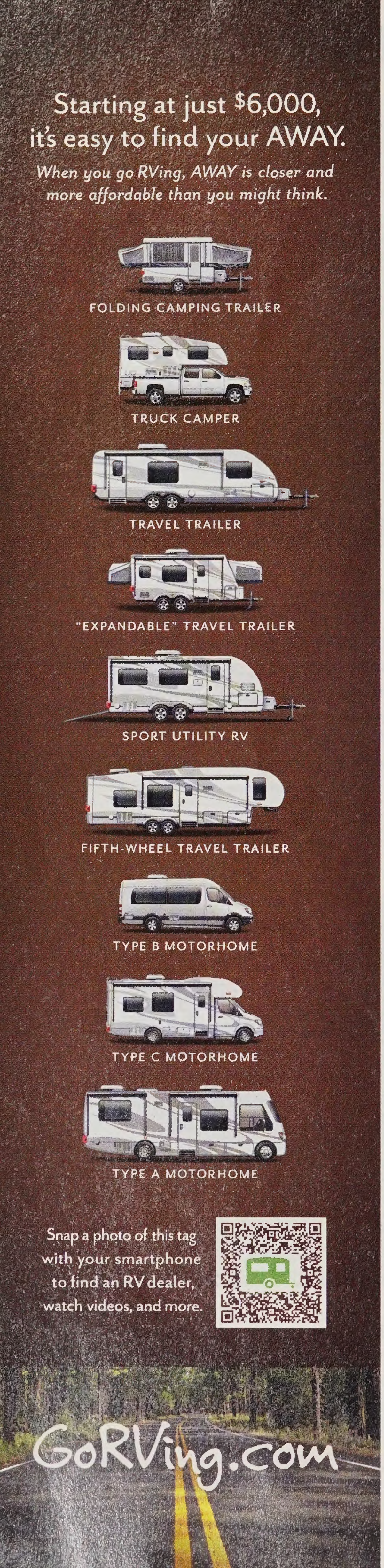
My research shows this is a 1912 model ammunition wagon manufactured by Trailmobile, Inc., Cincinnati, Ohio, for the U.S. Army and shipped to France during World War I. It has solid metal suspension with 7,000-pound capacity weight, wooden wheels and solid rubber tires. It was pulled by horses or an army tank.

My son, Ed White, was searching for a horse-drawn wagon, and a retired farmer in western Burke County had this wagon that had been brought back from France after the war and parked in his cow pasture since the 1920s. Ed bought the wagon and it is now on display on the White's private property below Lake James near the Catawba River.

Roy White, Granite Falls, Blue Ridge Electric

Ms. Wilma's collards

Wilma Whorton is known to tend one of the best gardens in Pamlico County. Bayboro's The County Compass photographed her this past winter in her garden in the Merritt community, where she has grown collards for 71 years. Her 31-row garden also grows peanuts, beans, field peas and hot peppers for vinegar.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JACOB'S LOG:

Keep the smiles on

By Jacob Brooks

It has been a great privilege of mine to attend the annual national meeting of our electric cooperatives these past few years. I always find myself learning more about our cooperative business model and the process of serving consumer-members. We come from an interesting background that promotes the values of community and cooperation. It is without a doubt something I am blessed to be a part of.

Our history as rural electric cooperatives has always fascinated me. In the early 1930s, rural America was without the comforts of electricity. While families and businesses in urban hubs were reaping the benefits of the light bulb and electric appliances, folks in rural areas hoped to see power lines go up. But reality was not lining up with those dreams. The privately-owned utilities would not expand into the countryside, because they thought expansion would be unprofitable; they would have to charge rural citizens much higher prices for electricity to ensure profitability.

Our grandparents and great-grandparents were stuck. Then they learned about a business model which revolved around the principles of autonomy, democracy and community. Strong support came from President Franklin Roosevelt's administration, whose New Deal policies offered social reforms and economic opportunity, including the Rural Electrification Administration. The REA offered loans to utilities formed as cooperatives, owned by the members. As they formed their own cooperatives, it wasn't long until our folks saw the power lines go up.

Michael Lynch

Jacob Brooks (right) tries to bring emcee Lou Green up to date at the national meeting of electric cooperatives in New Orleans in February.

Today, electric cooperatives focus on providing reliable, safe and affordable electricity. But our cooperatives do more than keep the lights on: they keep smiles on, too. Cooperatives play a pivotal role in our rural communities. They change lights on ball fields, assist neighbors who struggle to make ends meet, fund grants to local schools, offer scholarships. They are a backbone in our local economies by providing stable employment. Cooperatives do not do such things for the sake of good publicity. They do it because it is the cooperative way. It is more than keeping the lights on: It's about improving the way of life for their communities.

As we head into a new age of business and rampant globalization, we must keep in mind the necessity to support our local electric cooperatives and their ideals of autonomy, democracy and community. It is our job to spread the cooperative principles to those who are unfamiliar with our way of doing business. If we use our collective voice, we can ensure our cooperatives will endure.

Let your elected officials know the cooperative family is united and deserves to be represented fairly. Join the "Our Energy Our Future" campaign online at www.ourenergy.coop. Rally your cooperative neighbors to ensure our mission will be sustained. Our grandparents and great-grandparents started this thing. It is up to us to keep it going.

Jacob Brooks, sponsored by Blue Ridge Electric, was national spokesman for the electric cooperatives' Youth Leadership Council. He attends Appalachian State University.

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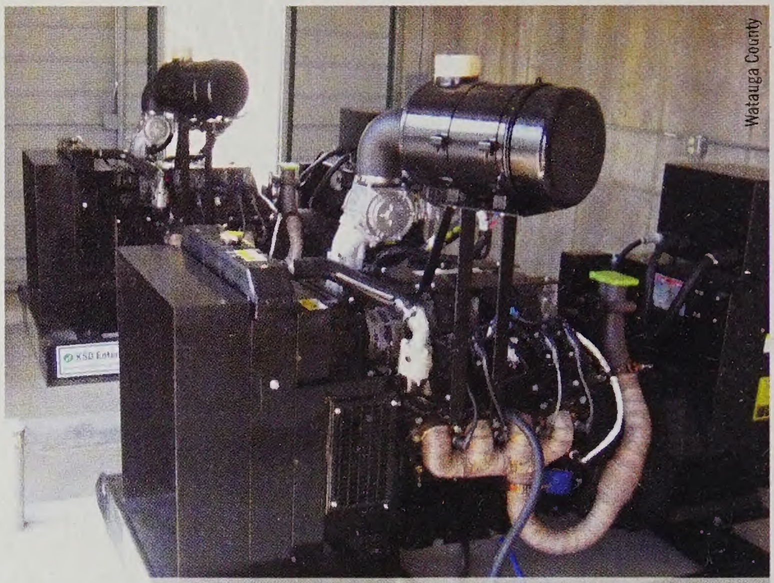
Watauga County's gas-to-energy landfill project wins EPA award

The U.S. Environmental Protection Agency has recognized Watauga County's Landfill Gas-To-Energy Project for excellence in innovation and for achieving environmental and economic benefits.

Watauga County's 186-kilowatt pilot project generates electricity by burning methane-rich gas extracted from a small, once-closed landfill in Boone. It creatively employs two retrofitted automotive internal combustion engines, and, according to the EPA, this technology had previously been used only to destroy methane from coal mine gas. The project was among seven in the U.S. recognized at the EPA's annual Landfill Methane Outreach Program Conference, held Jan. 29–31.

The county enlisted help from many local sources. Appalachian State University's Energy Center assisted with project management support, including student and faculty research and waste heat utilization design. Blue Ridge Electric, one of North Carolina's electric cooperatives, also provided technical assistance from the project's earliest stages. "Our staff has provided many services, including helping the county develop a test plan, commissioning the unit and making sure everything is working properly," said Mike High, director of engineering services at the co-op. In particular, Blue Ridge Electric's engineering manager Ralph Seamon spent much time serving in a technical advisor capacity, from the project's start-up to seeing it successfully operational, High added.


Watauga County

Watauga County burns methane-rich gas, extracted from a landfill, in two retrofitted automotive engines to generate electricity.

The county began the endeavor as a voluntary effort in 2005—now the internationally acclaimed project hosts visitors from as far away as Brazil and Eastern Europe. It sells its electricity to Duke Energy and green power credits to NC GreenPower. Over its life, the project is expected to provide the county an annual profit of up to $72,000 and reduce landfill electricity costs by up to 80 percent.

—*Karen Olson House*

Supporting Hoops 4 Hope and cancer research

For the past eight years, North Carolina's electric cooperatives have supported "Hoops 4 Hope," a breast cancer awareness and fundraising event. The stands were awash in pink on Feb. 17 as 8,000 fans packed Reynolds Coliseum in Raleigh to watch the N.C State women's basketball team take on Georgia Tech. (State lost 79–70).

At halftime, breast cancer survivors gathered and were recognized in a tribute on the Kay Yow court, named in honor of the former Wolfpack women's coach who lost her battle with breast cancer in 2009. More than $70,000 for the Kay Yow Cancer Fund was raised through ticket sales, a silent auction and Walk 4 Kay (at which participants walked on treadmills next to their favorite N.C. State celebrities). For more information and to learn how you can help, visit www.gopack.com/ot/h4h.

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WOLFPACK

N.C. State guard Marissa Kastanek in her pink uniform supporting the Hoops 4 Hope event in February.

Beware of magazine subscription scam

Carolina Country recently heard from an electric co-op member who received a phone call asking her to pay to renew her subscription to Carolina Country. Members should ignore any phone calls asking them to renew or pay for Carolina Country.

North Carolina's electric cooperatives subscribe to Carolina Country in order to send their members monthly news and information about their cooperative. The magazine and its co-op information sections are part of the co-op's business and mission to keep members informed.

Individuals who are not co-op members may subscribe to Carolina Country for $10 per year. Renewal reminders are sent to those subscribers by U.S. Mail.

Try This!

Solar water heaters

Know options and facts before you install

By Jim Dulley

For a typical family of four, water heating can account for about 20 percent of its annual utility bills. Using solar energy to heat your water can reduce your water heating bill, but it's good to know your options first to determine the best system for your home.

Don't expect a solar water heating system to cut water heating costs to zero. A target savings of 50 percent often provides a good economic payback.

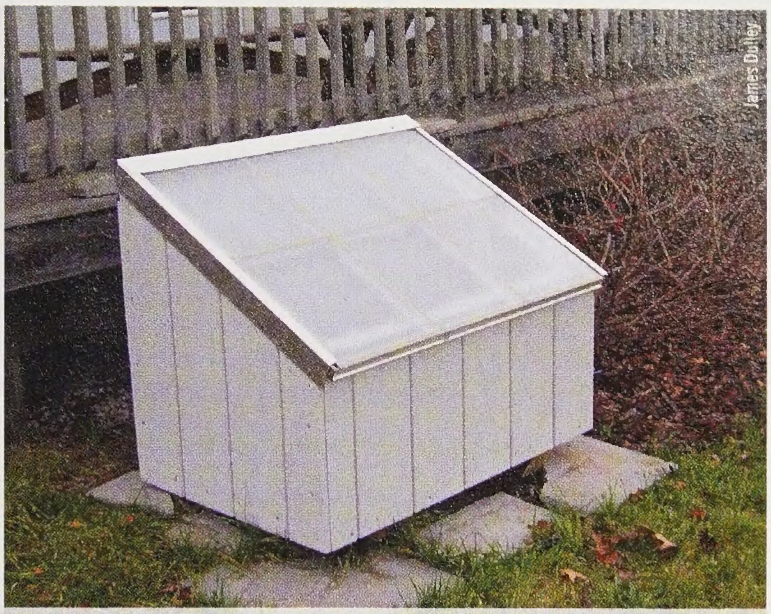
The two basic types of solar water heating systems are "active" and "passive." Active systems require a storage tank, electric pumps and controls to function. Sometimes 12-volt pumps can be powered by a photovoltaic solar panel located near the solar water heating collectors on the roof.

In cold climates, the system has to include some type of antifreeze working fluid and heat exchanger so it does not freeze at night during winter. Other systems that circulate the actual potable water through the collector need a draining system to empty the collectors at night during winter.

Passive water heating systems rely on the natural upward flow of less-dense warm water to move the water through the solar collector. In these systems, the warm water storage tank is located above the solar collector—usually on the roof or in the attic, so these systems have structural considerations. They are less expensive than more sophisticated active systems but they tend to be less efficient, especially during cold weather.

There are many types of solar collector designs. The best one for your house depends on your climate, your hot water requirements, and your budget. They can be as simple as black copper tubes in an insulated box with a glass top to ones with vacuum tubes, concentrating reflectors, and heat pipe technology.

If you are thinking of building your own system, I suggest a passive system unless you are an accomplished craftsman. Trying to build an active system—with collectors on the roof, plumbing and control systems, and storage tanks—is beyond the skill level of most do-it-yourselfers. (I am a design mechanical engineer, and I don't think I could build an active system myself from scratch.) Consider building a passive "batch" system. It's a preheater for your existing water heater, with the simplest design called a "breadbox." It uses a horizontal metal water tank inside a box with a clear top. The sun shines through to heat the water. Another slightly more efficient option uses a tall box tilted at an angle to face the sun. This allows the warmer water to be drawn first from the top of the tank.



This do-it-yourself solar water heating kit uses a batch design to preheat incoming cold water.

If you are getting an active system, in general look for an OG-300 rating from the Solar Rating and Certification Corporation (www.solar-rating.org) and a knowledgeable, qualified contractor for installation. Look for contractors certified by the North American Board of Certified Energy Practitioners (www.nabcep.org). And check the Database of State Incentives for Renewables and Efficiency (www.dsireusa.org) for local incentives on installing a solar water heating system, in addition to the federal tax credit—be sure to review specific program requirements on system types, sizing, certifications, installers, and the like to make sure your new system qualifies.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com.

For more information, see these resources:
www.find-solar.org (includes a directory of installers and a calculator to estimate the performance of solar water heaters and PV systems)

http://energy.gov/energysaver/articles/solar-water-heaters (basic graphics that describe various designs)

http://energy.gov/energysaver/articles/siting-your-solar-water-heating-system (has links to other resources)

The following companies offer solar kits and components:
Alternative Energy Store (877) 211-8192 www.altestore.com

Build It Solar www.builditsolar.com

Solar Components (603) 668-8186 www.solar-components.com

Can you help others save energy?
Send your conservation ideas or questions to us: P.O. Box 27306, Raleigh, NC 27611, or E-mail: editor@carolinacountry.com

Today's electric utility landscape

Changes are occurring in the electric utility industry that are affecting the price consumers pay for electricity. Because your cooperative is committed to keeping you informed and engaging you in the business that you own, the following overview may help you understand some of the issues facing your cooperative.

Factors influencing the cost of producing and distributing electricity in the U.S. and North Carolina today include:

- Government regulations
- Aging infrastructure
- Shifting sources of fuel
- Economic trends
- Technology and changing consumer expectations

Regulations

Recent and expected environmental regulations will likely cause the industry to close about 25 percent of the nation's coal-fired power plants. And the remaining coal-fired plants will require upgrades to allow cleaner methods for producing electric power. For the past several decades, the U.S. has relied on coal to produce about 50 percent its electricity. Today, that reliance has declined to about 36 percent.

Regulations also affect the location and construction of new power plants—nuclear, fossil-fueled and renewable energy plants—as well as new transmission infrastructure.

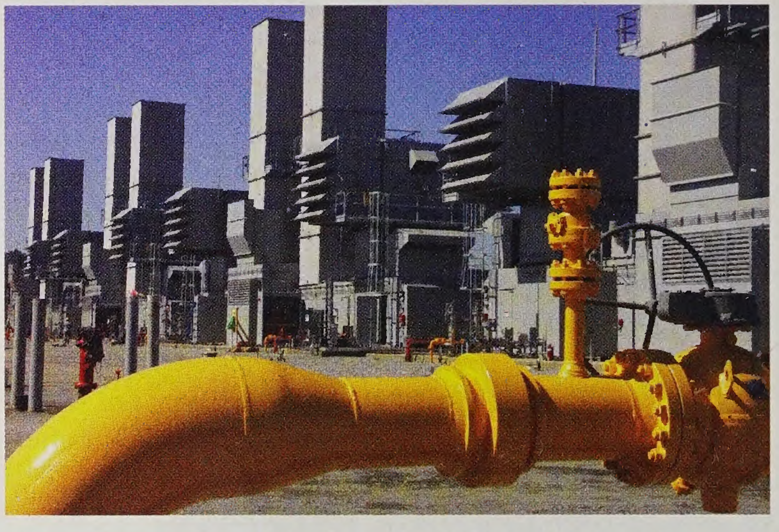
Energy sources

Shifting from coal dependence has seen utilities turn to domestic sources of natural gas, including an increasing tapping of shale gas. Shale gas now comprises about 40 percent of the natural gas used in the U.S. As a result, most of the new generating plants that have gone online are powered by natural gas.

In addition, many states, including North Carolina, require electric utilities to increase the role that renewable energy sources play in their overall power supply portfolio. Like cooperatives nationwide, North Carolina's co-ops continue adding to their power source mix energy from solar, hydroelectric and wind sources, even though, in many cases, the cost of that energy remains higher than traditional sources. And new generating plants in the planning stages will require upgraded and new transmission infrastructure for delivering power to where it's needed.

Economic trends

Improved efficiency in appliances and technology, combined with higher consumer awareness of energy consumption, has resulted in a declining rate in the demand for electricity compared to past patterns of growth. The recent economic recession in the U.S. also has contributed to a slower pace in growth overall, which has meant a slower growth of the "load" that electric utilities serve. While the slower pace has reduced pressure to build new generating plants, utilities must still maintain existing facilities and distribution while planning for future growth.


Natural gas powers this North Carolina Electric Membership Corp. electricity plant in Anson County that supplies peak-load power to some of its member cooperatives.

New technology

Cooperatives and other utilities are embracing new technology that will not only produce power differently but also will deliver it more effectively and efficiently. Emerging generating technology ranges from small nuclear-powered facilities to those run by biomass and other renewable fuels. New battery technology will allow more efficient storage of energy. And improvements in lighting, HVAC and appliances in general are ushering in new patterns of energy usage.

At the same time, technological advancements require greater security in production and distribution systems themselves. Utilities are actively involved in protecting the facilities, the technology and the information employed in providing electric power.

Consumer expectations and involvement

As we depend more and more on technology to accompany our daily lives and run our businesses, electric utilities must rise to the challenge not only to power consumers' lifestyles with a reliable and safe supply of electricity, but also to bring consumers themselves into the act of managing energy use. Modernized grid technology, consumer awareness of energy efficiency, and more localized power sources all have allowed consumers to become more involved.

While these developments all contribute to an environment of rising costs in the electric utility industry, they also have inspired your electric cooperative to focus on effectively managing and controlling its own costs without compromising reliability, quality and safety. Electric utilities always have been expert at forecasting future requirements, and that has not changed. In many areas, today's technology and training has even improved the planning aspect of the business.

This is the eighth in a series produced by the North Carolina Association of Electric Cooperatives.

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Michael Gery

Michael Lynch

Michael Lynch

Delegates are energized at their cooperatives' national meeting

***Top left:** North Carolina's Erskine Bowles, a keynote speaker, prescribed ways to fix national debt problems.*

***Bottom left:** Randolph EMC board member Del Cranford of Asheboro presided at his final annual meeting as president of the National Rural Utilities Cooperative Finance Corporation.*

***Right:** Alexandria Loflin of Davidson County opened the first session of the NRECA annual meeting by delivering the invocation. EnergyUnited sponsored her on the Rural Electric Youth Tour to Washington.*

Nearly 9,000 representatives of the nation's electric cooperatives and allied organizations set policy, discussed issues affecting their business, learned about industry technology, and elected and honored leaders during their annual meetings held in New Orleans in February. The setting hosted annual meetings of national organizations that serve financial, insurance, branding, technology and other electric cooperative interests

In his final speech to the National Rural Electric Cooperative Association's 71st annual meeting, CEO Glenn English, who retired after 19 years at the helm, reminded co-op managers, directors and staffers that they're in charge of more than wires and poles. They are heirs, he said, to a cause that has enriched lives and communities for more than 75 years.

"There are many battles ahead," he said. "You can win those battles if you engage your members and build the loyalty that is the foundation of political strength. You can win those battles if you ask them to help out and point out to them what is at stake."

As the meeting drew to a close, NRECA's incoming CEO Jo Ann Emerson spoke about the enthusiasm and understanding she brings to the job. [See page 4.]

At well-attended forums during the three-day convention, participants heard discussions on effective board management, rural broadband, empowering members, the 113th Congress, and the future of power supply.

North Carolina's own Erskine Bowles, addressing the Cooperative Finance Corporation's meeting, unveiled the Campaign to Fix the Debt (www.FixTheDebt.org). "We created this mess," he said. "We have the responsibility to clean it up." Five areas needing most attention, he said, are too much health care spending, disproportional defense spending, an inefficient tax code, insufficient planning for Social Security, and compound interest on the debt. His remarks drew rave reviews, even though he prefaced them with his description of what it was like to run the UNC system for five years: "It's like standing in a cemetery. There are lots of people under you but nobody's listening."

Among North Carolina participants in the spotlight were Roanoke Electric's CEO Curtis Wynn, NRECA board member; Randolph EMC's CEO Dale Lambert, Legislative Committee; Pee Dee EMC's CEO Donnie Spivey, Regulatory Committee; Union Power Cooperative's David Gross and Jeremy Black discussing using GPS technology to see and analyze operations; Wake EMC's Matt Vernon discussing the use of mobile app technology; Wake EMC's Don Bowman discussing distribution automation; and Tom Laing of N.C. Electric Membership Corp. discussing consumer-member preferences and behavior. Wake EMC's CEO James E. Mangum, a board member of the National Rural Telecommunications Cooperative, was elected to fill an unexpired term on the board of the National Information Solutions Cooperative that develops, implements and supports software and hardware solutions for cooperatives.

—Michael E.C. Gery

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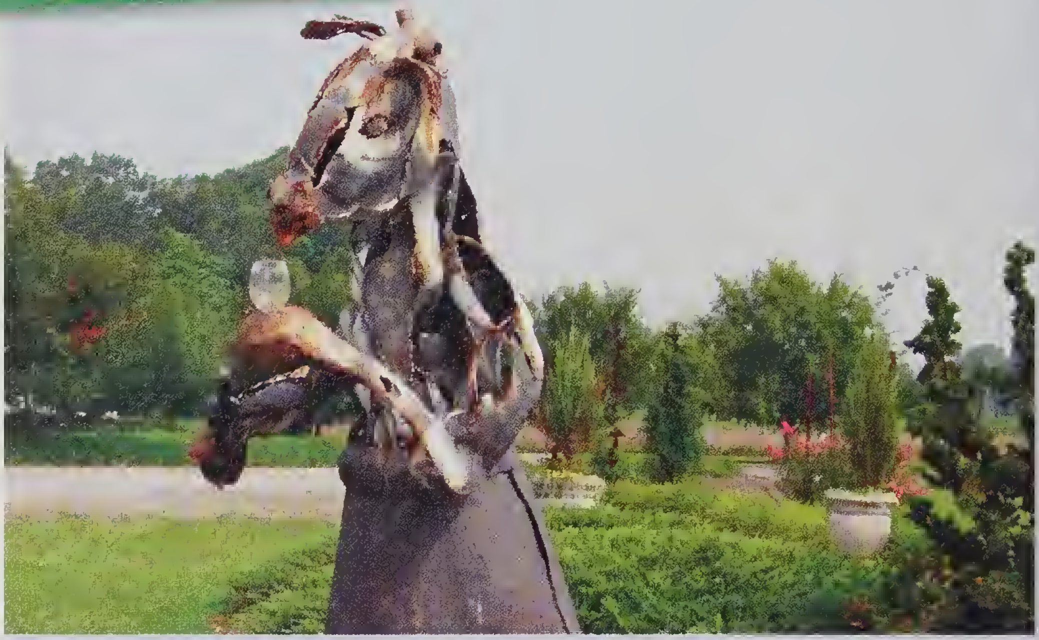

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by April 8 with your name, address and the name of your electric cooperative.

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Multiple entries from the same person will be disqualified.

The winner, chosen at random and announced in our May issue, will receive $25. To see the answer before you get your May magazine, go to "Where Is This?" on our website www.carolinacountry.com.

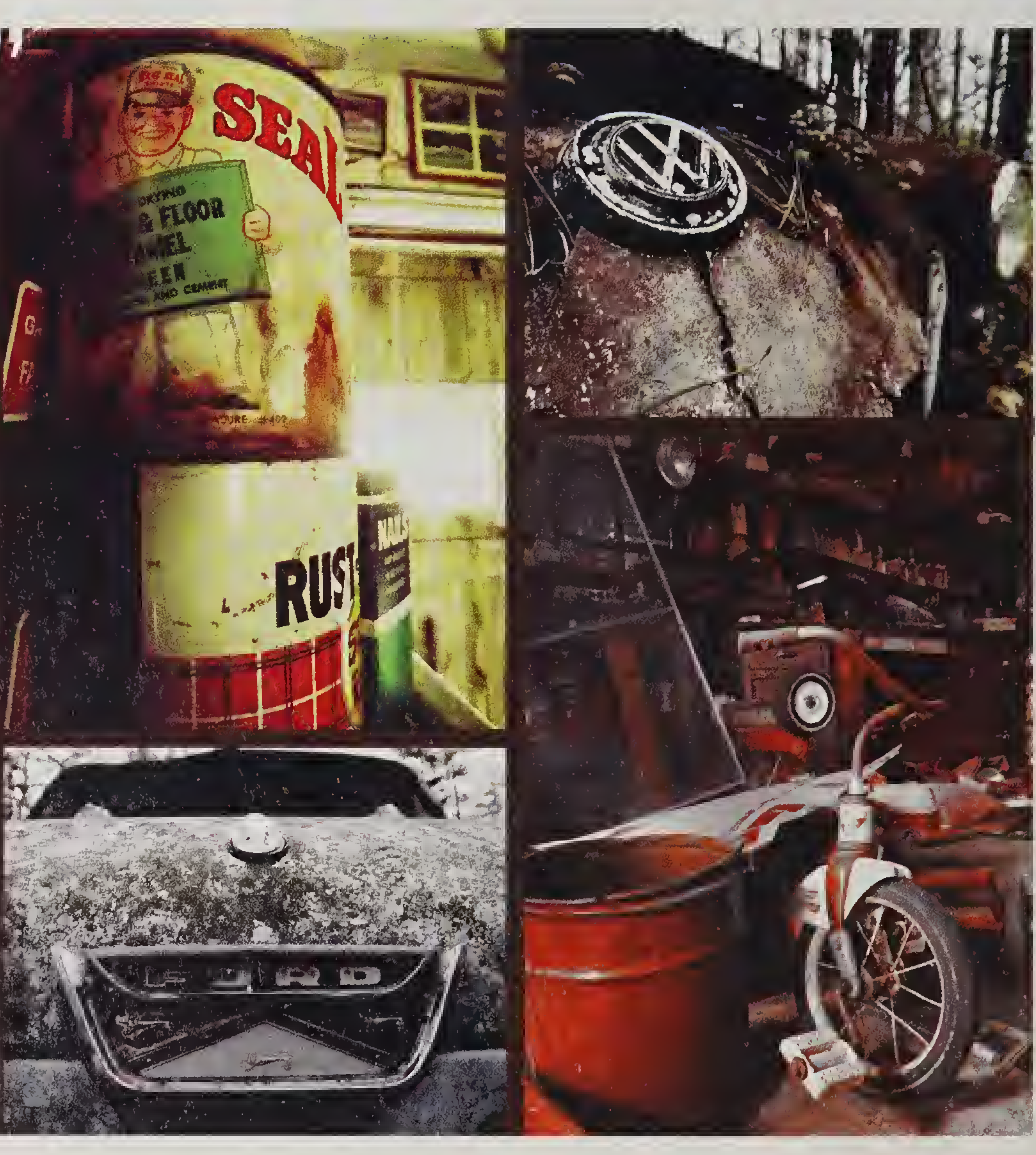
March winner

The March picture by Karen Olson House showed a horse statue mounted on the roof of My Sister's Closet and can be seen from Jefferson Davis Hwy. (Rte. 1) in the Tramway community near Sanford, Lee County. The winning entry, chosen at random from all correct submissions, was from Lesley Edwards of Sanford, a member of Central EMC.

"Beholder"

Photography by Ty Brueilly

Photographs from an abandoned auto body shop off Hwy. 134 between Seagrove and Troy comprise the exhibit "Beholder," by North Carolina artist Ty Brueilly, on display through July at LabourLove Gallery in Durham. Ty Bru says the selection in Durham comes from 60 images made in spring 2012 showing "the essence of the perception of beauty in a raw, untouched, unmoved and sometimes lifeless, decayed, tainted and often inert form." More pieces are on display in Shanghai, China. Ty Bru, a 2005 graduate of Appalachian State University, founded Mightier Than the Sword Records, Photography & Literature in Asheboro (www.mightierthantheswordrecords.com). LabourLove Gallery is at 807 E. Main St., Suite 2-130, in Durham, (919) 373-4451 or labourlove.com



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I Remember..

My sisters and I wore matching Easter dresses, bonnets and patent leather shoes. Libbie is on the left with Loni, the oldest and our protector in the middle.

Easter with Maw Maw and Paw Paw

I remember Easter Sundays at Maw Maw and Paw Paw Peeler's farm in Lincolnton. Zola and Richard Peeler, my daddy's parents, had the most magical home place.

Momma usually made our dresses after going to the Dime Store and purchasing a few yards of fabric, rickrack and lace. Our recycled baskets were filled with jelly beans, a chocolate bunny and the hard-boiled eggs Momma cooked and helped us color with food coloring. Our cousins came over, and we would try to see who had the hardest eggs by cracking each others' eggs. We would always lose because the cousins used guinea eggs, which are very hard.

The most fun was finding the eggs. We would take off running and looking among the buttercups, the clover, the porch swing or the chinaberry tree. We played barefoot in the chicken coop, grainery, barn loft or wood shed.

Sitting on the porch, Maw Maw wore a floral cotton dress and apron and would spit snuff into a can. Paw Paw wore overalls and talked about the crops and the weather. I can still hear the slamming of the screen door as all us young'ns ran in and out.

Debbe Peeler Scrance, Vale, Rutherford EMC

The Easter nest

When I was a child, my mother at Easter always made me an Easter nest. I would go to get flowers to put in it, and when I got back the Easter Bunny had put eggs, candy, etc. in my nest. When my little boy came along, I made them for him, then for the grandchildren, and now the great-grandchildren.

Geneva Rice, Albemarle, Union Power

You can see my great-granddaughter's Easter nest at the left.

SEND US YOUR *Memories*

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Guidelines:

1. Approximately 200 words.
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For my daughter's kindergarten egg hunt in Alaska, the group dressed from head to toe in fur-lined parkas, snow pants and mukluks (native boots).

Cold Easters

My five daughters were raised in the frozen bush of Alaska where I was a teacher for the Bureau of Indian Affairs in isolated villages. Easter, however late in the spring, was always cold. When they were preschoolers, we hid a precious few dyed eggs that we ordered airfreight at great expense. So most of the hidden treasures were the candy variety placed on bookshelves, behind chair legs and in houseplants around our quarters.

My youngest daughter remembers her kindergarten Easter egg hunt where a variety of bright candy eggs, large and small, were hidden in the crannies of ice chunks and snowdrifts along the edge of the hard-packed, icy dirt village landing strip. But their enthusiasm was equal to my own memories as they found eggs and filled their homemade construction paper basket.

Linda Edwards, Morganton, Rutherford EMC

They made us feel special

I remember how special Easter Sunday was to our mother and how she made sure we always had new outfits for Easter church services, even if it meant skimping on her grocery money. This photo was Easter Sunday 1957. My sister Elizabeth is on the right with my father center. Our three brothers must have been playing out back.

Jean Forrest Brooks, Hillsborough, Piedmont EMC

Mama at Easter

My Mama's favorite time of the year was spring, and her favorite holiday was Easter. She always made sure on Easter Sunday that my brother and I had a new Sunday-go-to-meetin' outfit. My Easter dress had to be the prettiest dress she could find in pastel colors of pink, lavender or mint green. She would finish the outfit with lacey socks, white patent leather Mary Janes, and a hat with a little elastic band that hooked under my chin. My brother was suited in a sharp suit with a bowtie to match.

The Easter Bunny brought us a basket wrapped with a bright cello wrap of pink, purple or yellow and topped with a big bow. Inside the basket would be a soft stuffed animal and a chocolate bunny.

I was 38 when the Easter Bunny brought my last basket. It was the spring of the year that Mama went to heaven. Every Easter I think of her and how she loved this time of year and the sweet memories that she left me with.

Kitty Hilton, Mocksville, EnergyUnited

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31	11.79	11.34	13.86	12.51	20.61	18.36
32	11.88	11.43	14.31	12.74	21.06	18.81
33	11.97	11.43	14.76	12.96	21.51	19.26
34	11.97	11.43	15.21	13.19	21.96	19.71
35	12.06	11.52	15.89	13.64	22.41	20.16
36	12.42	11.79	16.79	14.31	24.66	21.96
37	12.78	12.15	17.91	15.21	26.91	23.76
38	13.23	12.60	19.26	16.34	30.06	26.01
39	13.77	13.05	20.61	17.46	33.21	28.26
40	14.31	13.59	22.19	18.81	36.81	30.96
41	15.03	14.04	23.54	19.71	39.06	32.31
42	15.84	14.58	24.89	20.84	41.31	33.66
43	16.83	15.12	26.69	22.19	44.01	35.91
44	17.91	15.84	28.71	23.54	47.16	37.71
45	19.08	16.56	30.74	25.11	50.76	39.96
46	19.62	17.01	32.09	26.69	53.46	42.66
47	20.25	17.46	33.66	28.49	56.61	45.81
48	20.97	18.00	35.69	30.74	60.21	49.41
49	21.78	18.63	37.71	32.99	64.26	53.46

Issue Age	$100,000		$250,000		$500,000	
	Male	Female	Male	Female	Male	Female
50	22.68	19.26	39.96	35.69	68.76	57.96
51	24.12	20.43	43.34	37.26	74.61	61.56
52	25.83	21.69	47.16	39.29	81.36	66.06
53	27.81	23.31	51.66	41.54	89.46	71.46
54	29.97	25.02	56.61	44.01	98.01	76.86
55	32.40	26.91	62.24	46.71	107.46	83.16
56	35.28	28.80	67.19	50.09	117.81	90.36
57	38.43	31.05	73.04	53.91	129.96	98.91
58	42.39	33.75	80.01	58.86	144.36	109.26
59	46.62	36.54	87.44	63.81	159.66	120.06
60	51.30	39.78	95.76	69.44	177.21	132.21
61	55.89	44.37	105.66	76.86	196.56	146.16
62	61.20	49.50	116.69	85.19	218.61	161.46
63	67.68	55.98	130.41	95.54	245.61	180.81
64	74.43	62.64	144.81	106.34	273.96	201.06
65	82.17	70.29	161.01	118.71	306.36	224.01
66	90.81	76.05	177.21	132.44	340.11	252.36
67	100.62	82.62	195.89	147.74	377.91	283.86
68	112.68	90.72	218.61	166.86	425.16	323.46
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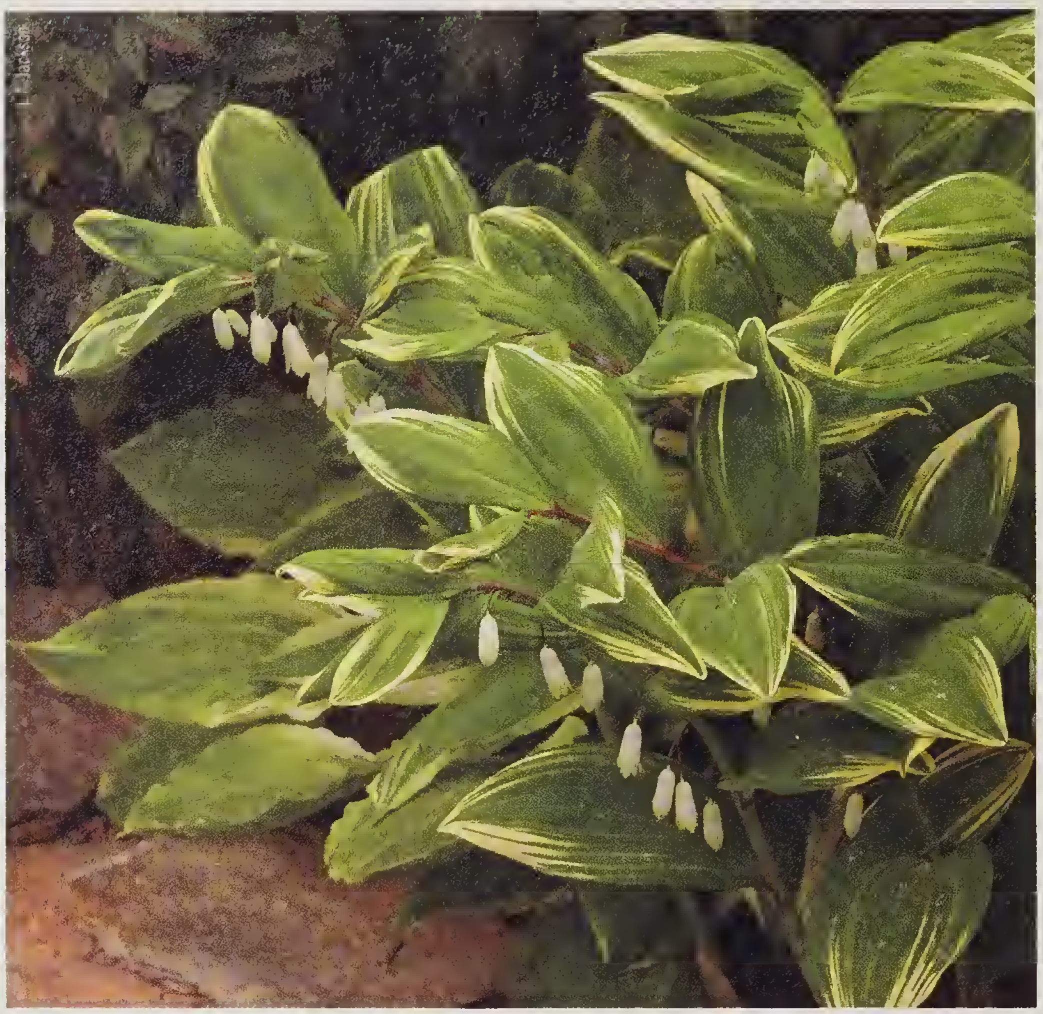
L.A. Jackson

Sing a song of Solomon's seal

By L.A. Jackson

"Graceful" is the word that best describes Solomon's seal, a pendulous, deer-resistant perennial that can add three-season interest to a shady garden. In the spring, its rows of bell-shaped, light green to white flowers delightfully dangle in pairs underneath the arching limbs, which, even when not in flower, bring elegance to the summer garden. In the summer, blue, fleshy berries hang below the curved branches, and then, the foliage salutes the coming autumn by turning a pleasing butter yellow.

This pretty plant gets its name from the round scars on the rhizomes at a point just above ground where the stems originate. The scars are swirls of lines, which with some imagination, do resemble the wax seals ancient nobility such as King Solomon would have used to authenticate documents.

"Solomon's seal" is a collective name for over 60 species growing in North America, Asia and Europe. One of the more common, the native *Polygonatum biflorum* inhabits the woodlands of North Carolina as well as other parts of the eastern United States, and makes a flowing statement in cultivated gardens with pendulous branches reaching up to 3 feet tall and 3 feet wide.

If a shady nook is in need of some "Yipes! Stripes!" the widely available variegated Solomon's seal (*P. odoratum 'Variegatum'*) is the answer. Of similar stature and form as our native Solomon's seal, this Eurasian import has cream-colored streaks along the lengths of each leaf, which help to break up the sea of green common in southern shade gardens.

In ideal growing conditions, a store-bought Solomon's seal will slowly colonize to form masses of arching, eye-catching plants. Such conditions include an acidic, rich medium with a strong organic base to help retain an even supply of moisture and a site located in part to full shade.

Garden To Do's

April

- Want to try some kitchen chemistry in the veggie patch? When setting pepper plantlets out, place five unburnt match heads in each planting hole. The sulfur, phosphorus and other elements from the matches help develop stronger plants, which, in turn, produce more peppers.
- If your house cactus, African violet or amaryllis has become root-bound in its container, don't repot—the cramped quarters will encourage blooming.
- Placing a rain gauge in the garden adds more precision to your decisions to water plants this spring and summer.
- Nesting activity will be at the max this month, so, while filling the bird feeder regularly, also include some 3-inch long pieces of string or yarn to help with nest-building.

May

- Concerned about sowing pinhead-sized seeds too thickly? Mix them with a little sand, pour into an unused salt shaker, and sprinkle the seeds into their proper place in the garden.
- Annuals such as zinnias, salvias and petunias can become long and lanky, but pinching the plants back when they are about 6 to 8 inches tall will encourage bushier growth.
- Water is critical for garden-grown onions and cucumbers. If not watered regularly, onions won't mature to their proper, plump size, and cukes will develop a bitter taste.
- When planting tomatoes, take advantage of the warm soil close to the surface (which induces strong root growth) by setting the plantlets parallel to the ground in well-worked trenches rather than in deep holes, and burying all but the upper 4 inches of each plant.

L.A. Jackson is the former editor of Carolina Gardener Magazine. If you would like to ask him a question about your garden, contact L.A. at: lajackson1@gmail.com.

Easy herbs

Herbs are easy to grow because they have few pest problems and are rarely bothered by deer. The key to a good herb garden is excellent drainage and lots of sun. Raised beds work well for herbs because they increase drainage and can be filled with a sandy soil mix. Mixing compost into the soil is beneficial, but fertilizers should be applied sparingly since high nutrient levels reduce flavor intensity.

Many herbs are perennial and do not have to be replanted each season. Among the easiest to grow are rosemary and chives. Rosemary grows into a large, evergreen shrub, often reaching 4 feet in height and width. Chives are much smaller plants with tubular, grass like leaves. Oregano and sage are also undemanding, but thyme is less tolerant of summer humidity and may need to be replanted every few years. Mint is very easy to grow, but also very invasive. It should be planted in a large pot where its rapidly spreading roots will stay contained.

Basil, dill, parsley and cilantro are annual herbs. This means they live only one season and must be planted anew each year. Basil requires warm weather, while dill, parsley, and cilantro thrive in the cooler temperatures of fall and spring. Basil is very easy to grow from seed and should be planted outdoors in April. Dill, parsley and cilantro can be planted outside in March to harvest in spring. They may not survive the heat of summer, but a second planting in September will provide flavorful herbs for fall and winter.

—N.C. Cooperative Extension

Tip of the month

If spring cleaning has you throwing out any old carpet, put it to good use in the garden by cutting the rug (pun intended) into strips wide enough to fit between rows or beds. In order to blend in better, this free, effective weed block for paths should be turned over (the backing tends to be a neutral color) and then covered with gravel, flagstone or wood chips.

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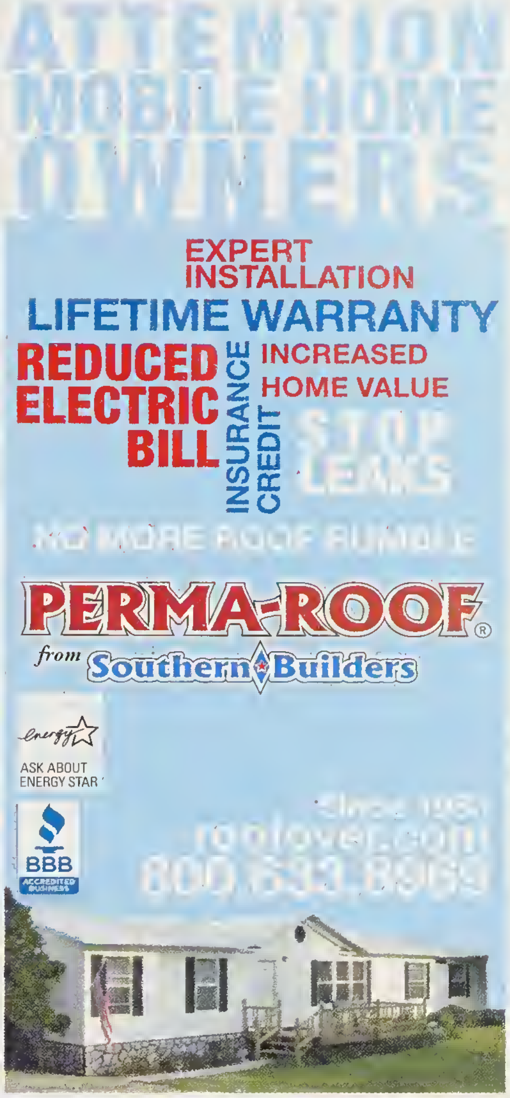
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How does Harbor Freight Tools sell high quality tools at such ridiculously low prices? We buy direct from the factories who also supply the major brands and sell direct to you. It's just that simple! See for yourself at one of our 400 Stores Nationwide and use this 20% Off Coupon on one of our 7,000 products*, plus pick up a Free 9 LED Aluminum Flashlight, a $6.99 value. We stock Shop Equipment, Hand Tools, Tarps, Compressors, Air & Power Tools, Woodworking Tools, Welders, Tool Boxes, Generators, and much more.

- Over 20 Million Satisfied Customers!
- 1 Year Competitor's Low Price Guarantee
- No Hassle Return Policy!
- 100% Satisfaction Guaranteed!
- Over 400 Stores Nationwide

Nobody Beats Our Quality, Service and Price!

SUPER COUPON!
FREE!
WITH MINIMUM PURCHASE OF $9.99
3-1/2" SUPER BRIGHT NINE LED ALUMINUM FLASHLIGHT
Item 65020 shown
ITEM 65020/69052/69111
REG. PRICE $6.99
LIMIT 1 - Only available with qualifying minimum purchase (excludes gift value). Coupon good at our stores or website or by phone. Cannot be used with other discount, coupon or prior purchase. Offer good while supplies last. Shipping & Handling charges may apply if not picked up in-store. Original coupon must be presented. Non-transferable. Valid through 7/25/13. Limit one coupon per customer per day.
28690705

SUPER COUPON!
20% OFF
ANY SINGLE ITEM!
LIMIT 1 - Save 20% on any one item purchased at our stores or website or by phone. *Cannot be used with other discount, coupon, gift cards, Inside Track Club membership, extended service plans or on any of the following: compressors, generators, tool storage or carts, welders, floor jacks, Towable Ride-on Trencher (Item 65162), open box items, in-store event or parking lot sale items. Not valid on prior purchases after 30 days from original purchase date with original receipt. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.
28924656

SUPER COUPON!
CEN-TECH
AUTOMATIC BATTERY FLOAT CHARGER
SAVE 61%
Item 42292 shown
LOT NO. 42292/69594/69955
$4.99 REG. PRICE $12.99
99503981
LIMIT 8 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
29 PIECE TITANIUM NITRIDE COATED DRILL BIT SET
drillmaster
SAVE 60%
LOT NO. 5889
$9.99 REG. PRICE $24.99
74455080
LIMIT 5 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
WIRELESS DRIVEWAY ALERT SYSTEM
Bunker Hill Security
Item 93068 shown
Requires one 9 volt and three C batteries (sold separately).
SAVE 56%
LOT NO. 93068/69590
$12.99
60457161
REG. PRICE $29.99
LIMIT 6 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
SAVE 50%
4-1/2" ANGLE GRINDER
drillmaster
LOT NO. 95578/69645/60625
Item 95578 shown
$9.99 REG. PRICE $19.99
76051597
LIMIT 6 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
US★GENERAL
580 LB. CAPACITY FOUR DRAWER TOOL CART
SAVE $130
LOT NO. 95659
$99.99 REG. PRICE $229.99
31935308
LIMIT 5 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
ACCURACY WITHIN ±4%
TORQUE WRENCHES
PITTSBURGH PRO
YOUR CHOICE!
$9.99
SAVE 71%
REG. PRICE $34.99
1/4" DRIVE LOT NO. 2696
3/8" DRIVE LOT NO. 807
1/2" DRIVE LOT NO. 239
64240065
LIMIT 7 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
- Low Profile
PITTSBURGH AUTOMOTIVE
SAVE $70
WEIGHS 77 LBS.
RAPID PUMP® 2.5 TON HEAVY DUTY STEEL FLOOR JACK
Item 68049 shown
LOT NO. 68049/60688
$69.99 REG. PRICE $139.99
20480048
LIMIT 5 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
PROPANE TORCH WITH PUSH BUTTON IGNITER
LOT NO. 91037
SAVE 37%
$24.99
REG. PRICE $39.99
10878063
LIMIT 5 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
CENTRALPNEUMATIC
2.5 HP, 21 GALLON, 125 PSI VERTICAL AIR COMPRESSOR
SAVE $70
LOT NO. 67847/69091
Item 67847 shown
$149.99 REG. PRICE $219.99
91150996
LIMIT 3 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

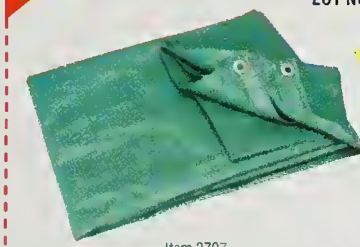
SUPER COUPON!
BUNKER HILL SAFES
1.5 CUBIC FT. ELECTRONIC DIGITAL SAFE
LOT NO. 91006
Electronic keypad uses four C batteries (included).
SAVE $62
$87.99 REG. PRICE $149.99
56807500
LIMIT 3 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
12" RATCHET BAR CLAMP/SPREADER
LOT NO. 46807/68975/69221/69222
PITTSBURGH
Item 46807 shown
SAVE 66%
$1.99 REG. PRICE $5.99
86209558
LIMIT 6 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
90 AMP FLUX WIRE WELDER
LOT NO. 68887/61207
SAVE $60
NO GAS REQUIRED!
CHICAGO ELECTRIC WELDING
Item 68887 shown
$89.99
15906085
REG. PRICE $149.99
LIMIT 3 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
Includes one 18V NiCd battery and charger.
drillmaster
18 VOLT CORDLESS 3/8" DRILL/DRIVER WITH KEYLESS CHUCK
SAVE 46%
Item 68239 shown
LOT NO. 68239/69651
$15.99 REG. PRICE $29.99
17536914
LIMIT 5 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!
45 WATT SOLAR PANEL KIT
THUNDERBOLT solar
LOT NO. 68751/90599
SAVE $110
Item 68751 shown
$139.99
21141641
REG. PRICE $249.99
LIMIT 4 - Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.



SUPER COUPON!

HFT

8 FT. 4" x 11 FT. 6" FARM QUALITY TARP

LOT NO. 2707/60457/69197

SAVE 41%

$6.99

REG. PRICE $11.99

Item 2707 shown

96201033

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SUPER COUPON!

LOT NO. 93888/60497 MOVER'S DOLLY

HaulMaster

SAVE 46%

1000 LB. CAPACITY

Item 93888 shown

$7.99 REG. PRICE $14.99

10680853

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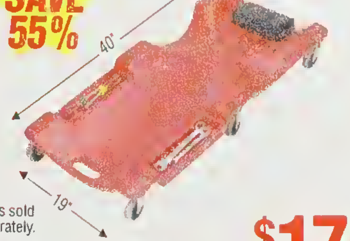

SUPER COUPON!

LOW-PROFILE CREEPER

PITTSBURGH AUTOMOTIVE

SAVE 55%

LOT NO. 2745/69094

300 LB. CAPACITY

Item 2745 shown

Tools sold separately.

$17.99 REG. PRICE $39.99

92545861

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SUPER COUPON!

3 PIECE DECORATIVE SOLAR LED LIGHTS

One Stop GARDENS

LOT NO. 95588/69462/60561

SAVE 66%

$9.99 REG. PRICE $29.99

Item 95588 shown

Includes three AA NiCd rechargeable batteries (one for each fixture).

82626138

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SUPER COUPON!

SAVE 50%

RECIPROCATING SAW WITH ROTATING HANDLE

LOT NO. 65570

$19.99

REG. PRICE $39.99

CHICAGO ELECTRIC POWER TOOLS

33312592

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SUPER COUPON!

Item 90018 shown

SUPER-WIDE TRI-FOLD LOADING RAMP

HaulMaster

LOT NO. 90018/69595/60334

1500 LB. CAPACITY

SAVE $65

$79.99

REG. PRICE $144.99

32980725

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SUPER COUPON!

4 PIECE 1" x 15 FT. RATCHETING TIE DOWN SET

Item 90984 shown

LOT NO. 90984/60405

HFT

SAVE 52%

$7.99

REG. PRICE $16.99

54890052

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SUPER COUPON!

SAVE $90

60" WORKBENCH WITH FOUR DRAWERS

WINDSOR DESIGN

LOT NO. 93454/69054

Item 93454 shown

$139.99

REG. PRICE $229.99

17910164

LIMIT 3 · Good at our stores or website or by phone. Cannot be used with other discount or coupon or prior purchases after 30 days from original purchase with original receipt. Offer good while supplies last. Non-transferable. Original coupon must be presented. Valid through 7/25/13. Limit one coupon per customer per day.

SUPER COUPON!

500 LB. CAPACITY ALUMINUM CARGO CARRIER

HaulMaster

LOT NO. 92655/69688/60771

SAVE $60

Item 92655 shown

$69.99 REG. PRICE $129.99

82531562

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SUPER COUPON!

AUTO-DARKENING WELDING HELMET WITH BLUE FLAME DESIGN

CHICAGO ELECTRIC WELDING

SAVE 50%

LOT NO. 91214

$39.99

REG. PRICE $79.99

89050405

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SUPER COUPON!

CENTRALPNEUMATIC

17 PIECE AIR TOOL ACCESSORY KIT

LOT NO. 68236

SAVE 50%

$4.99 REG. PRICE $9.99

77029327

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SUPER COUPON!

300 LB. CAPACITY

23 CONFIGURATIONS

17 FT. TYPE 1A MULTI-TASK LADDER

SAVE $55

LOT NO. 67646

$114.99 REG. PRICE $169.99

58259046

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SUPER COUPON!

RETRACTABLE AIR/WATER HOSE REEL WITH 3/8" x 50 FT. HOSE

SAVE $40

LOT NO. 93897/69265

CENTRAL PNEUMATIC

Item 93897 shown

$59.99

REG. PRICE $99.99

88462401

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SUPER COUPON!

8-IN-1 SOCKET WRENCHES

PITTSBURGH

SAVE 53%

METRIC LOT NO. 65497/68029

SAE LOT NO. 65498/60830

Item 65497 shown

YOUR CHOICE!

$6.99 REG. PRICE $14.99

49836063

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SUPER COUPON!

SUPER QUIET!

3200 RATED WATTS/ 4000 MAX. WATTS PORTABLE GENERATORS (212 CC)

- 70 dB Noise Level

PREDATOR GENERATORS

SAVE $150

LOT NO. 68528/69676/69729

LOT NO. 68527/69675/69728, CALIFORNIA ONLY

Item 68528 shown

$299.99 REG. PRICE $449.99

20732246

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Getting To Know…

Allen de Hart

Photo Courtesy of John F. Blair, Publisher

Known For: Author, educator, philanthropist

About: The author of numerous hiking books and trail guides, Allen de Hart grew up exploring woods near his dairy farm home. After moving to North Carolina in the 1950s, he and his wife began turning their land into a beautiful botanical garden, eventually adding trails, benches, bridges, stone steps and signs labeling flora and fauna. They also kept buying surrounding acreage. Last spring, the former professor of history and psychology donated his family's 91-acre de Hart Botanical Gardens and estate to Louisburg College, where he taught for 52 years. This year he donated the *other* de Hart Botanical Gardens, a 172-acre wilderness preserve near his Virginia mountains birthplace, to his alma mater, Ferrum College. The energetic preservationist also founded Friends of the Mountains-to-Sea Trail, a non-profit organization that designs, constructs and maintains North Carolina's longest trail. De Hart, 86, lives at his home at the Louisburg gardens, and still oversees garden upkeep.

Photo Courtesy of Louisburg College

Allen de Hart discussing a plant.

Allen de Hart has hiked more than 57,000 miles in U.S. states and foreign countries, most often pushing a wheel to measure trail distance.

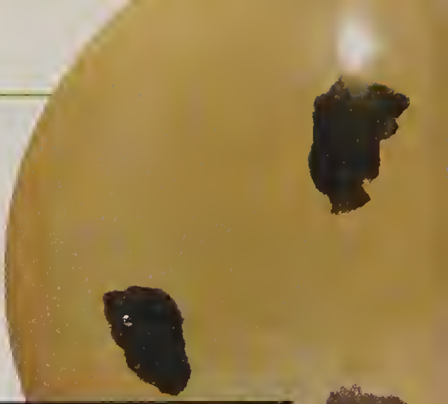
Photo Courtesy of Louisburg College

De Hart Botanical Gardens

Description: Open to the public. Prominent granite rock, deciduous and evergreen forests, cascading streams, 1.5-acre lake, and more than 375 flora species and 100 fauna species. Rare wildflowers. Two trails. Maps at entrance's gazebo.

Often spotted there: De Hart and his walking stick.

Entrance address: 3585 US 401
Louisburg, NC, 27549
www.louisburg.edu


Pieces of Apollo 11 moon rock

The exhibit features a plaque with fragments of Apollo 11 mission moon rocks that President Richard Nixon presented to Gov. Bob Scott and his family.

Governors exhibit

Once relatively powerless positions, the roles of governor (and first spouse) have evolved dramatically over time. An exhibit at the North Carolina Museum of History in Raleigh explores more than 200 years of gubernatorial history, featuring portraits, photographs and personal clothing as well as artifacts ranging from an inkwell that Gov. Zebulon Vance used during the Civil War to fragments of Apollo 11 moon rocks presented to Gov. Bob Scott in 1969. Visitors also learn about First Lady contributions such as Dottie Martin's Wildflower Program, a highway beautification program that continues today. There's also a special section on campaigns and voting practices. "Leading the State: North Carolina's Governors" runs through Sunday, April 28. (919) 807-7900 or www.ncseumofhistory.org or Facebook.

tar heel lessons

a guide to NC for teachers and students

Do you know…

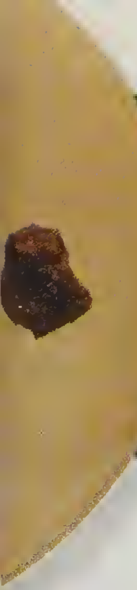
Every free male, regardless of race, between the ages of 16 and 60 was required to serve in North Carolina's colonial militia? Solders were also expected to provide their own weapons and equipment.

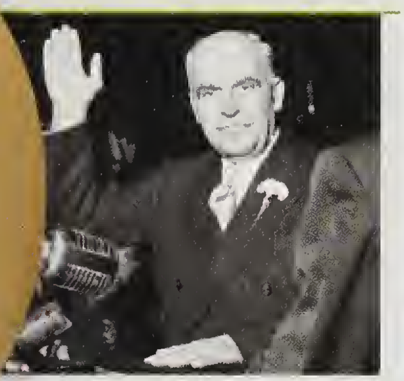
Q. When's a good time to jump on a trampoline?

A. Sppringgg-time!

Photos Courtesy of North Carolina Museum of History

Gov. Jim Hunt and First Lady Carolyn Hunt attend the grand opening of the new N.C. Museum of History building (1994).

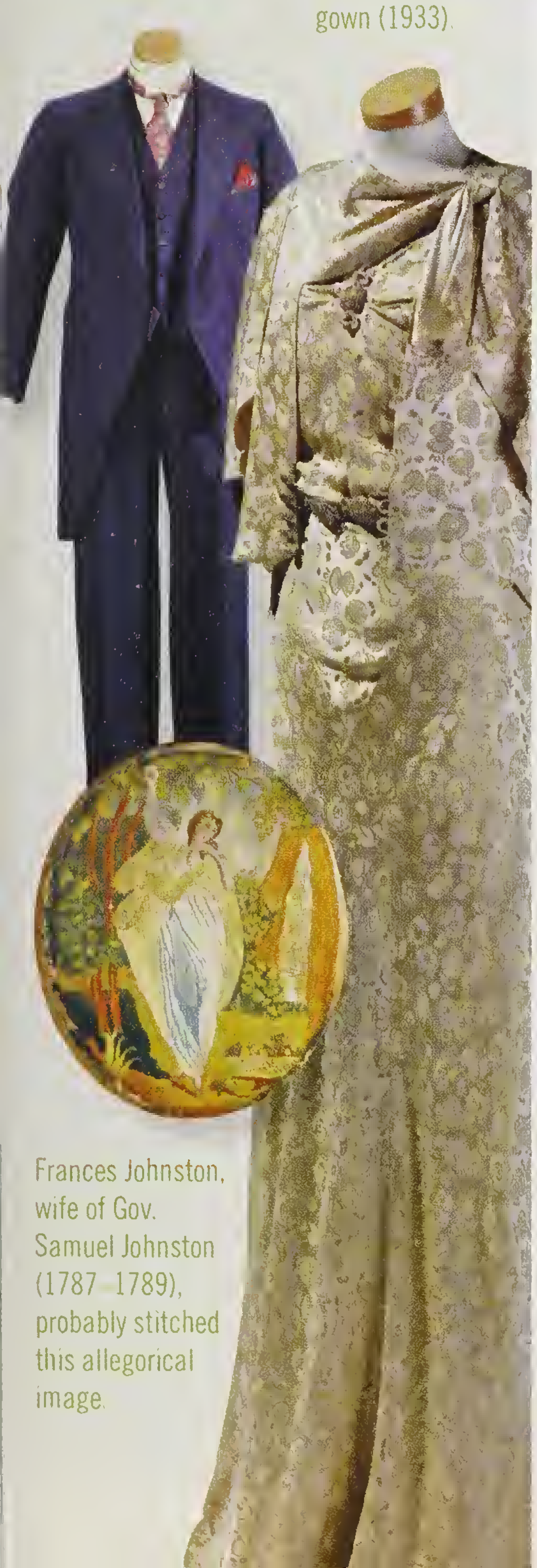




Gov. Luther H. Hodges, who served from 1954 to 1961, was a former businessman who worked to expand industry.

Gov. Clyde Roark Hoey (1937–1941) wore this dapper suit while serving as a North Carolina U.S. Senator.

Gov. John C. B. Ehringhaus's wife Matilda wore this inauguration gown (1933).



Frances Johnston, wife of Gov. Samuel Johnston (1787–1789), probably stitched this allegorical image.

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Dear Jim Long,

"I have tried every over the counter product made to cure nail fungus on both my big toes, for over 40 years. I have used your Nail Soak for 6 months and it looks like one or two more nail clippings and it will all be gone! I cannot believe it. Your product has given me healthy, new nails. I can enjoy the summer in sandals once again. Thank you!" ...Dave B., TN

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Phone: 417-779-4009

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Questions? Check our Q & A button, on the Nail Fungus page of our website.

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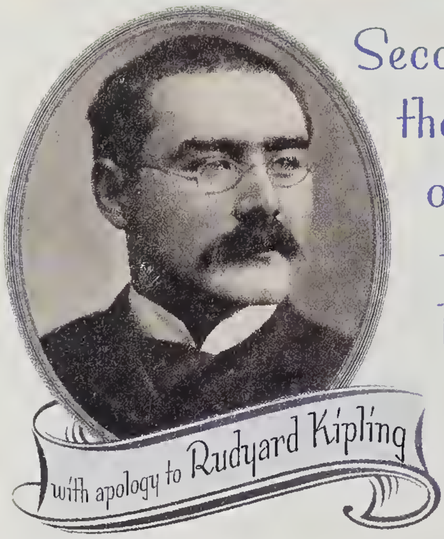
Second thought on a first line



with apology to Rudyard Kipling

"If you can keep your head when all about you,
are losing theirs and blaming it on you..."

Perhaps they're right–perhaps they're right!
–One head is not better than two.

-cgj

Domi-No.s

2 3 8 7 6 1
H M O F T A

X 3
M

_ _ _ _ _ _

Solve this multiplication problem and write the answer in the box tops. Then match boxes to get to the bottom of the problem.

Bet You Didn't Know

According to Bill Bryson in his book, "Made In America," our nation's motto, "E Pluribus Unum" (One From Many), was taken from a recipe for salad in an early poem by Virgil.

UNSCRAMBL/T

Change is inevitable, except from

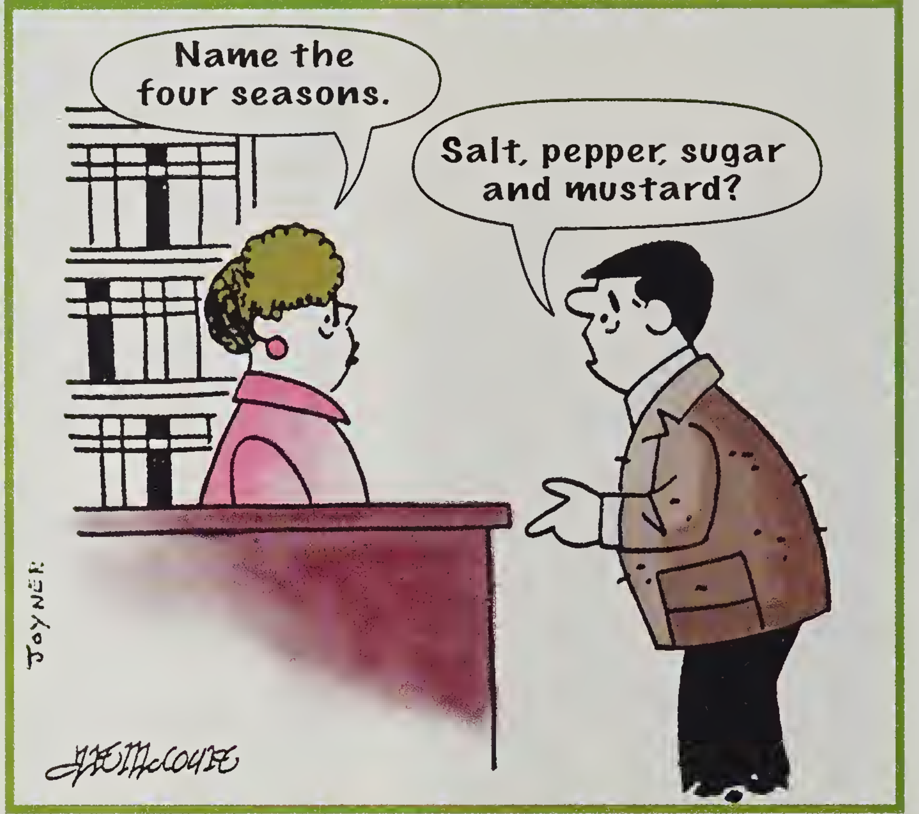
_ _ _ _ _ _ _ _ _ _ _ _ _ _ _
u e c l s m l r b u n a m l c

-Cy Nical

Use the capital letters in the code key below to fill in the blanks above.

A C D E G H I M N V means
u n s c r a m b l e

Oh, Henry!


Name the four seasons.
Salt, pepper, sugar and mustard?
JOYNER

MIDDLINGS

Can you insert letters on the blanks below to spell one word?

ME _ _ AN
ME _ ON
ME _ _ _ ON
ME _ _ ATE
ME _ LOW
ME _ _ OR

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For answers, please see page 41

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By Arnie Katz

Range hoods: to vent or not to vent

Q: My brother, who tends to be a "know-it-all," was visiting and told me our range hood is the recirculation type, and that I need to replace it with one that vents to the outside. I never paid much attention to it, but since my son was diagnosed with asthma, I've been noticing range hoods wherever I go and asking my friends what they have. Most people I know have the recirculation kind, and they seem to work fine. Is this really a problem?

A: Range hoods have several purposes. The recirculation type does only one thing: it collects grease from cooking and deposits it on the filter. This is a good and useful thing as long as you clean the filter. If you do a lot of frying, you'll need to clean the filter a lot more often than if you don't.

A vented range hood does several more things for you. Cooking and baking put "stuff" into the air in your house. What kind of stuff? Well, moisture, for one thing. A little extra moisture isn't necessarily a bad thing, particularly in the winter if your house tends to get very dry. But too much moisture can cause condensation on windows and walls and ceilings, which can lead to mold and mildew and, in extreme cases, rot. This usually takes a number of years to show up.

For most of us, a little mold or mildew is no big deal. After all, we live in North Carolina and are surrounded by a zillion kinds of mold every time we step outside. But for some of us, especially those with asthma, allergies and other respiratory problems, mold in the house can be a very big deal and can make us very sick.

In addition to moisture, baking can emit fine and ultra-fine particles of ash and other pollutants when the stuff that spilled in the oven burns—again, probably no big deal for most of us—but a real problem for some folks with compromised respiratory function. Small particle pollution has been linked to heart disease as well.

If you have a gas range, like I do, there are some other things to worry about. Whenever we burn anything, there are products of combustion. Natural gas and propane are relatively "clean" (compared to, say, the wood in your fireplace). If everything is working just right, mostly you'll get water vapor (more moisture) and carbon dioxide.

Broan

In the real world, however, after dust and grease and dog hair accumulate on the burners, or they get slightly out of adjustment, some other stuff like carbon monoxide and nitrogen oxides are given off. Bake a casserole for an hour, or let a pot of soup simmer for an afternoon, and the levels of these pollutants can be higher in your house than the government allows there to be in the air outside.

Unless you have a range hood vented to the outside. And it's working properly. And you use it.

There is not good research on how big a problem this is. Clearly, you and your neighbors aren't falling over dead because you have a non-vented range hood. But just as clearly, some folks are being made sick. If you can save one ER visit for an asthmatic child, or reduce the amount of medication he has to take, you can pay for the vented range hood very quickly.

In a rational world, your health insurance would pay for switching out the range hood. It would save the insurance company money, it would save you money, and your son would probably feel better. But I'm not holding my breath waiting for that one.

Arnie Katz is the former building science consultant for Advanced Energy in Raleigh. www.advancedenergy.org

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Skewered Buffalo Chicken Tenders

With Blue Cheese Dressing

- ½ cup all-purpose flour
- ½ cup plain bread crumbs
- Pinch of garlic powder
- Pinch of paprika
- ½ teaspoon kosher salt
- ½ teaspoon coarsely ground black pepper
- 2 large eggs, lightly beaten
- 1 pound chicken tenders or 4 boneless skinless chicken breasts, cut into ½ inch strips

Buffalo Hot Sauce

- ¾ cup hot sauce
- 5 tablespoons unsalted butter
- 1 teaspoon minced garlic
- 1 to 2 cups bottled blue cheese dressing
- 3 celery stalks, cut into 3-inch pieces

Preheat oven to 350 degrees. Line a baking sheet with aluminum foil and spray with vegetable oil spray.

Combine the flour, bread crumbs, garlic powder, paprika, salt and pepper in a resealable plastic bag. Close the bag and shake thoroughly. Place the beaten eggs in a shallow bowl. Dip the chicken tenders into the egg, shaking off any extra. Put the chicken tenders into the flour mixture, close the bag and shake thoroughly to coat.

Thread the chicken onto the skewers. Arrange the skewers in a single layer on the prepared baking sheet. Bake for 7 to 8 minutes, then turn the skewers over and bake for 7 to 8 minutes more or until chicken juices run clear. Makes 8 to 10 servings.

While the chicken is cooking, combine the hot sauce, butter and garlic in a saucepan over medium heat. Stir well.

Remove the baking sheet from the oven. Brush both sides of the chicken with the Buffalo Hot Sauce. Return the chicken to the oven and bake for 3 minutes more. Serve with the blue cheese dressing and celery sticks.

In the kitchen with DAVID
COMFORT FOODS
DAVID VENABLE

Recipes from "In the Kitchen with David"

David Venable grew up in Charlotte and hosts a popular TV show, "In the Kitchen with David," on the QVC channel. He dedicates his book by the same name to his mother in Charlotte who, along with his grandmothers, taught him to love cooking and eating. The recipes and advice in the book focus on "comfort foods that take you home." The book is 271 pages, with lots of photos, in hardcover. Published by Ballentine Books, it's $30 in bookstores.

Chicken Salad

- 3 cups cooked and shredded chicken
- ½ cup diced celery
- ½ cup peeled and diced apple
- ¼ cup dried cherries
- ¼ cup chopped pecans or walnuts (optional)
- 2 to 3 tablespoons finely chopped red onion
- 4 to 6 tablespoons mayonnaise
- 1 tablespoon apple cider vinegar
- 2 teaspoons fresh lemon juice
- ¼ teaspoon dry mustard
- Kosher salt
- ⅛ teaspoon freshly ground black pepper
- 1 tablespoon minced fresh parsley

Combine the chicken, celery, apple, cherries, pecans and red onion in a large bowl.

Whisk together the mayonnaise, vinegar, lemon juice and mustard in a small bowl. Season with salt and the pepper.

Pour the mayonnaise mixture over the chicken mixture and toss until the chicken is evenly coated. Sprinkle with the parsley before serving. Makes 4 to 6 servings.

From Your Kitchen

Amazing Brownies

- 2 boxes fudge brownie mix (for a 9-by-13-inch pan)
- 5 ounces vegetable oil
- 1 cup whipping cream
- 3 large eggs
- 1½ cups of chopped nuts
- 6 Hershey bars (6 or 8 bars) or candy bars of your choice

Chocolate Icing

- 1 stick melted butter
- 5 tablespoons milk
- 2½ tablespoons cocoa
- 1 teaspoon vanilla
- 1 box confectioner's sugar

Preheat oven to 350 degrees

Combine above ingredients except Hershey bars until well mixed. Spread half of this batter into a 9-by-13-inch greased pan. Top with Hershey bars. Spoon the remaining batter on top of the candy bars. Bake 40 to 60 minutes.

Chocolate Icing

Mix together and microwave for 1 minute. Pour over hot brownies. (This make a lot of icing, so you can cut the recipe if you want.)

This recipe comes from Angela Tate of Kernersville.

Send Us Your Recipes

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Withdrawing money after retirement

How much is enough to make your money last?

By Doreen Friel

If you're like a lot of people trying to save for a more secure financial future, you have probably heard about saving and investing wisely for retirement. What you may not have heard a lot about, however, is how to wisely withdraw money from your retirement plan when the time comes.

The tricky part is estimating how much to withdraw from a retirement plan each year. Depending on the type of plan, the government requires most retirement savers to begin withdrawing a certain amount of money from their retirement plan accounts after reaching a certain age but most people want—or need—to start taking their money before that. And many want to withdraw more than the government requires them to each year. Unfortunately these cash-eager retirees risk running out of money in their lifetime.

Nest egg percentage

According to Barney Lee ("Americans All Over the Map on Retirement Drawdown Rates," October 13, 2011), 34 percent of people surveyed had no idea how much they will need to withdraw each year from their retirement plan accounts. And 15 percent planned on drawing down 10 percent or more of their savings each year. But is that too much to withdraw? According to the MetLife Mature Market Institute, financial professionals advise that individuals withdraw no more than 4 percent to 6 percent of their retirement savings each year in retirement to make their money last a lifetime.

In a MetLife Retirement Income IQ Survey, it was revealed that 56 percent of survey participants correctly responded that they could withdraw about $600 monthly from a $100,000 nest egg to last for 30 years in retirement. Alarmingly, the remaining 44 percent of respondents expressed the (incorrect) opinion that they could withdraw significantly higher amounts—anywhere from $800 to $1,200 per month.

Retirees can stretch their retirement savings by developing interests in inexpensive hobbies such as fishing.

Aging stats

If you don't think your money needs to last long, you may want to think again. According to the Transactions of the Society of Actuaries Annuity 2000 Table for Males and Females, males who reach age 65 have a 50 percent chance of living beyond 85. Females who reach age 65 have a 50 percent chance of living beyond 88. And for couples that both reach age 65, there's a 50 percent chance of one of them living beyond age 92.

> For couples that both reach age 65, there's a 50 percent chance of one of them living beyond age 92.

How much to save, when to retire

There are lots of things that you can do to help make sure your money lasts. They include being savvy (before and after retirement) about food and housing costs as well as developing interests in inexpensive hobbies and choosing travel vacations that don't break the budget. But one of the most important steps you can take is to consult a financial professional—long before you retire. He or she can help you determine, based on your circumstances, how much money you may need to save for retirement, and at what age you may be able to afford retirement.

If retirement is just around the corner, a financial professional can help you decide whether delaying your retirement by a year or two or working part-time during retirement is wise. But, perhaps most importantly, a financial professional can help you decide how much to withdraw each year from your retirement plan—without taking too much.

Doreen Friel is marketing communications consultant who produces materials for the National Rural Electric Cooperative Association.

How old is the wiring in your home?

Easy upgrades can boost electrical safety in older homes

By Kelly Trapnell

Nothing quite has the charm of an older home on a family farm or a cute cottage in a historical downtown district. But cosmetic and structural upgrades often come with older abodes.

When upgrading, a fresh coat of paint and updated fixtures may come to mind, but it's important to consider electrical safety upgrades. Do you know the hidden dangers of aged wiring in your home? What about hiring a professional to update the wiring behind a switch plate or outlet, just like you'd hire a painter or renovation contractor?

Don't take on wiring problems yourself—electrical upgrades often require a professional who knows what inspections and permits are needed.

Here are some signs and considerations in finding out if your home's electric network needs a professional switch.

ESFI

GFCI outlets are required in areas around water, such as outdoors or near a kitchen or bathroom sink. Many older homes don't have these safety measures installed.

Type of wiring

Modern wiring is insulated, meaning it is covered in plastic. Older homes may have copper or aluminum wiring. Copper wiring can work just as well as modern wiring if it is still in good condition and has not been altered or improperly installed. However, fire risk increases in homes with both copper and aluminum wiring. Corrosion to aluminum from copper can lead to loose connections causing fires. Use only aluminum-approved switches, outlets, and other accessories if your home has aluminum wiring.

Plugs fall out of outlets easily.

Loose plugs are a high fire danger. Older outlets that have lost their grip need to be replaced. Luckily, this upgrade is affordable.

Not enough outlets

The increasing use of chargers for cell phones and many other electronic devices means outlets are in high demand. A lack of outlets can result in overuse of extension cords and power strips. Be sure to use quality, 14-gauge or thicker cords that are approved by Underwriters Laboratories (UL). Never overload an outlet, which can cause heat and is a fire risk. Consider hiring a licensed electrician to add outlets.

Danger in wet areas

Today, GFCI (ground fault circuit interrupter) outlets are required in areas around water, such as outdoors or near a kitchen or bathroom sink. But in older homes, GFCIs may not have been installed. It is fairly simple to replace old receptacles with GFCIs; hire a professional to upgrade outlets near water.

Wind causes lights to blink

If you notice your lights blinking on windy days, it may be due to worn wiring in the weatherhead (where overhead lines enter your home). Contact your electric co-op to check weatherhead wiring.

Source: This Old House, Underwriters Laboratories

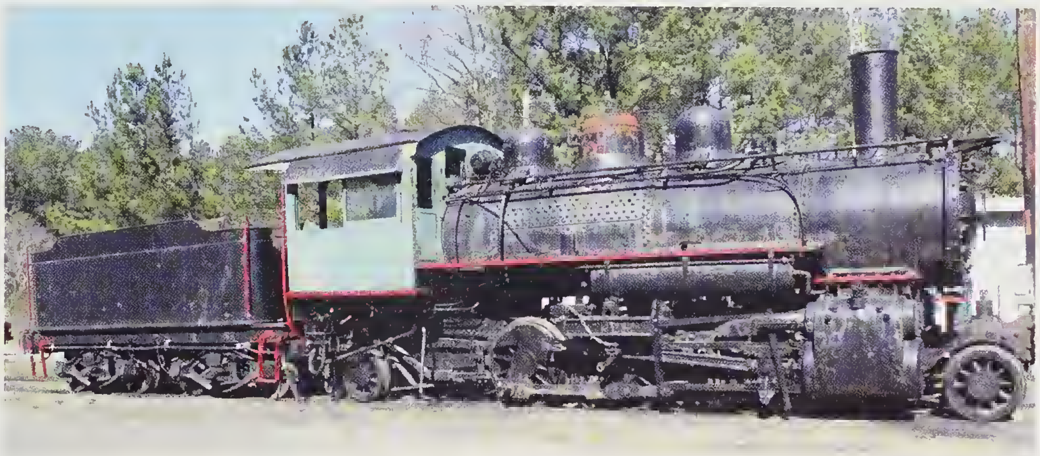
Kelly Trapnell writes on writes on safety issues for the National Rural Electric Cooperative Association.

A beloved steam locomotive comes home

The public can ride New Hope Valley Railway on the first Sunday of each month, starting in April

Text and photo by Angela Bendorf Jamison

The New Hope Valley Railway will bring historic steam locomotive, "Cliffside Railroad 110," home to North Carolina after more than 60 years in residence at Stone Mountain Park, Ga. The Stone Mountain Memorial Association, which manages the park, recently gave this old-time engine to NHVR located in Bonsal, below Apex in southwestern Wake County.



New Hope Valley Railway recently acquired the "Cliffside Railroad 110" steam locomotive, once in use in Rutherford County, and plans to restore it for rides. Meanwhile, the railway's public rides begin this month.

The engine—numbered 110 and affectionately called "Old Puffer" by the train crews who ran it down the three-mile Cliffside Railway—served the town of Cliffside, N.C., located 47 miles west of Charlotte. From its beginnings in the early 1900s, it hauled supplies for town residents from nearby junctions, sent finished products to connecting railways and brought in raw materials to Cliffside Mills, the South's largest gingham textile plant. The train carried passengers in and out of Cliffside and even picked up school children on their way back to the schoolhouse during its mid-day run into Cliffside.

The most famous passengers on the Cliffside 110 were a family of chickens who took its first ride in the early 1930s just as the train was nearing Cliffside Junction. One of the engineers spotted a hen and three chicks on the tracks, stopped the train and loaded them on board. The family of chickens must have enjoyed that first ride because for years after when the whistle sounded they would scurry up to the train to board and then hop back off to scratch and peck around the yards as the train stopped or pulled into the shop between runs.

As automobiles became a more popular mode of transportation for passengers, the Cliffside 110 continued to carry freight until it was retired and replaced by a more modern diesel engine in 1962.

"As New Hope Valley Railway celebrates our 30th anniversary," said NHVR president Mike MacLean, "it's only fitting to bring a steam engine with such rich North Carolina history back to its original glory".

A dedicated team of NHVR volunteers has been restoring and running trains since 1983. Their knowledge and expertise will help put the Cliffside 110 back on the tracks chugging among the North Carolina pines once again, MacLean said.

The NHVR shares a similar history to that of Cliffside's. Both railways were organized in the early 1900s and their short tracks were used to carry materials and some passenger cars from North Carolina mills to connecting rail lines. While the Cliffside freight cars were hauling textiles, the NHVR's were running timber along with other supplies like cotton, corn, beans and tobacco.

NHVR will restore the historic steam engine so it can operate on the 4-mile main line used by the railway for public ride days, generally held the first Sunday of each month beginning in April and running through the end of the year. The restoration effort will take five to seven years and cost an estimated $350,000 to $600,000, which will be funded exclusively through the generosity of members and donors.

Donations can be made on the NHVR website at www.TriangleTrain.com. View photos at www.Facebook.com/TriangleTrain.

Angela Bendorf Jamison runs Communicopia Marketing Services in Wake Forest. www.Communicopiapr.com

About New Hope Valley Railway

The railway is located in historic Bonsal, 10 minutes south of Apex off of U.S. Highway 1 at Exit 89. Trains generally operate one Sunday each month, beginning in the spring through the end of the year. There are also special Halloween and Santa trains as well as themed events, charter and group train rides, opportunities to operate a locomotive and birthday parties in an historic caboose. The North Carolina Railway Museum, a collection of antique train cars and an elaborate G Scale model garden railroad, is also part of the NHVR grounds along with a gift shop. Visit www.TriangleTrain.com.

Drive responsibly and avoid the fines

Keeping North Carolina's roads safe is the goal of the Highway Patrol

By Carole Howell

With more than 78,000 miles of North Carolina highways, you may think that the odds are pretty good that you will escape the attention of a highway patrol officer.

But now you're sitting by the side of the interstate, blue lights flashing behind you. Staring straight ahead, you feel the eyes of your fellow motorists, passing by with a mixture of sympathy and relief that this time they have passed under the radar.

Chances are good that you were speeding. In 2012, the North Carolina State Highway Patrol issued citations for nearly 350,000 speeding violations, followed in number by registration and seatbelt violations.

"Once you've been stopped for one offense, it's possible to receive a verbal or written warning, and even be fined for additional violations depending on the type and severity of the offense," says First Sgt. Jeff Gordon of the NC Department of Public Safety, State Highway Patrol.

First Sgt. Gordon recommends the following for your safety, avoiding penalties and court costs, keeping your record clean, and making sure your auto insurance premiums don't increase.

Watch that speed

Every 17 minutes, someone is killed or injured in a speed-related accident on a North Carolina highway. If you have a car with cruise control, use it. Don't think that by keeping up with the flow of traffic you will not stand out for speeding.

Travel at a speed that is appropriate for conditions such as rain, snow and ice, wind, curves, ramps, roadway composition and construction zones. Going too fast through a work zone can result in fines as high as $250 and several points against your license.

Snap yourself safe

Always wear your seat belt and insist that your passengers buckle up. If you are unbelted during an accident, your airbag could hit your chest with the force of a baseball bat.

Children under the age of 8 and weighing less than 80 pounds should be restrained in a properly used and installed child safety seat or booster. Explore www.BuckleUpNC.org for specific information and the location of car seat checking stations in your county.

Drive straight and sober

Remember that it doesn't take a lot of alcohol to reach the legal limit of .08. Many people who are arrested for DWI often don't feel impaired. When in doubt, simply don't drive.

Being charged with driving while impaired is expensive. For a first offender who hires a lawyer for a trial, the cost can be at a minimum of $2,500. The fines alone can add up to $4,000.

Is your registration up to date?

Each year you receive a reminder to renew your registration. If you've moved, make sure that the state Department of Motor Vehicles has your current address so that there are no delays in receiving this important notification. To renew your registration, you must have completed a North Carolina safety inspection. Your registration expires at midnight on the last day of the month on your license plate sticker. After the 15th of the next month, the fine is $25 plus court costs.

Check your ride before you hit the road

If you are stopped for an equipment violation, it's possible that the patrolman has noticed a burned-out light or turn signal, unsafe tires, improper exhaust, or a cracked windshield. All of these equate to the possibility of causing a collision due to faulty equipment.

"Through enforcement and education, the Highway Patrol serves to provide safe and efficient transportation for all motorists traveling on North Carolina roadways," says First Sgt. Gordon. "Our ultimate goal is to prevent injuries and deaths on North Carolina highways."

Carole Howell is a writer who lives in Lincolnton. Visit her website at www.walkerbranchwrites.com

April Events

Mountains (west of I-77)

Voca People
Musical theatre
April 9, Morganton
(828) 433-7469
www.commaonline.org

Spring Homeschool Day
April 10, Chimney Rock
(800) 277-9611
www.chimneyrockpark.com

David Holt & Josh Goforth
Folklore stories & music
April 12, West Jefferson
(336) 846-2787
www.ashecountyarts.org

Shelter & Fire Building
Survival skills workshop
April 13, Chimney Rock
(800) 277-9611
www.chimneyrockpark.com

Spring Soiree
April 13, Lenoir
(828) 754-6262
www.robinsnestcac.org

Marina Alexandra On Guitar
April 13, Lake Lure
(828) 625-4683
www.hickorynutgorgeoeutreach.org

Spring Birding
April 14, Chimney Rock Park
(800) 277-9611
http://chimneyrockpark.com

Chamber Concert
April 14, Rutherfordton
(828) 245-3282
www.rutherfordchamberconsort.com

Mark Trammell Quartet
April 18, Rutherfordton
(828) 245-6746
www.carolinagospel.com

Art Crawl
April 19, Statesville
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www.downtownstatesvillenc.org

Spring Craft, Art & Food Show
April 19–20, Hildebran
(828) 397-5801
www.hildebrannc.com

Lincoln Festival
April 20, Bostic
(828) 245-9800
www.bosticlincolncenter.com

Baby Goat Day
April 20, Burnsville
(828) 675-4856
www.mountainfarm.net

Spring Wildflower Walk
April 20, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

101 Years of Broadway
April 20, Spindale
(828) 286-9990
www.foundationshows.org

Flea Market
April 20–21, Carthage
(910) 528-4312
www.thepeddlersfleamarket.com

Marvelous Wonderettes
About four girls and senior prom
April 25, West Jefferson
(336) 846-2787
www.ashecountyarts.org

Lunch With Author Pamela Duncan
April 25, Lake Lure
(828) 625-2525

Spring Garden Show
April 26–27, Asheville
(828) 551-6738
www.blueridgehorticulture.org

Spring Fling & 5K Toga Run
April 27, Lake Lure
(828) 625-9292
www.llca.teamcfa.org

Arts On The Square
April 27, Shelby
(704) 487-0256
www.buffalocreekgallery.com

MOUNTAINS
77
PIEDMONT
95
COAST

Listing Deadlines:
For June: April 25
For July: May 25

Submit Listings Online:
Visit www.carolinacountry.com and click "Carolina Adventures" to add your event to the magazine and/or our website. Or e-mail events@carolinacountry.com.

Annkathrin Rose

Visitors can enjoy vibrant blooms and purchase plants from vendors at the Wildflower Walk & Plant Sale in Boone. It will be held Saturday, April 27, at Daniel Boone Native Gardens. Call (828) 264-6390 or visit www.DanielBooneNativeGardens.org

Wildflower Walk & Plant Sale
April 27, Boone
(828) 773-3855
www.danielboonenativegardens.org

Earth Day Flea Market
April 27, Black Mountain
(828) 779-2856
www.exploreblackmountain.com

Buzz On Bees
April 27, Chimney Rock State Park
(800) 277-9611
www.chimneyrockpark.com

Bechtler House Museum Tour
April 28, Rutherfordton
(828) 287-1220

ONGOING

Street Dance
Monday nights, Hendersonville
(828) 693-9708
www.historichendersonville.org

Guided House Tours
Wednesday–Saturdays
(828) 724-4948
www.historiccarsonhouse.com

Bluegrass Music Jam
Thursdays, Marion
(828) 652-2215

Titanic Authors Week
Museum attraction
April 1–7, Pigeon Forge, TN
(800) 381-7670
www.titanicattraction.com

Piedmont (between I-77 & I-95)

Civil War Days
April 2–5, Fayetteville
(910) 483-5311
www.museumofthecapefear.ncdcr.gov

Spring Break Scavenger Hunt
April 2–6, Fayetteville
(910) 433-1457
www.fcpr.us/transportation_museum.aspx

Uncle Eli's Quilting Party & Exhibits
April 4, Eli Whitney
(919) 259-8510

Preschool Drama Hour
April 4, Mount Airy
(336) 786-7998
www.surryarts.org

Paint The Night Away
April 5, Mount Airy
(336) 786-7998
www.surryarts.org

Vintage Photo & Postcard Day
Fayetteville-area images
April 6, Fayetteville
(910) 433-1457
www.fcpr.us/transportation_museum.aspx

Old Time Dance
April 6, Mount Airy
(336) 786-7998
www.surryarts.org

The 40th Anniversary of the International Whistlers Convention will take place at Louisburg College, Franklin County, April 17-21. Many events are free. For more information, go to www.whistlingiwc.com or call (919) 496-4771.

Tartan Day
April 6, Greensboro
(336) 288-6887
www.triadhighlandgames.org

Skirmishes & Shortages: NC in 1863
April 6, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

Female Jazz Group
April 6, Fayetteville
(910) 672-1006
www.uncfsu.edu/arts/fine-arts-series

Down East Walk
To defeat Lou Gehrig's Disease
April 6, Greenville
(877) 568-4347, ext. 221
web.alsa.org

Cape Fear New Music Festival
April 6–7, Fayetteville
(910) 630-7100
www.methodist.edu

King of Diamonds Concert
Tribute to Neil Diamond, Elvis
April 7, Asheboro
(336) 629-4369

Quartet For End of Time
Holocaust Remembrance Day
April 7, Fayetteville
(910) 433-4690
www.theartscouncil.com/afe.php

Free Afternoon at Schiele Museum
April 9, Gastonia
(704) 866-6923
www.schielemuseum.org

Kids Exchange Consignment Sale
April 10–13, Fayetteville
(910) 438-4100
www.kidsexchange.net/fayettevillenc

Medicine, The Disabled & Road To Holocaust
Lecture
April 11, Fayetteville
(910) 486-1474
www.theartscouncil.com/afe.php

Union Power's Bluegrass Festival
Award-winning bands, family fun
April 11–13, Oakboro
(704) 985-6987
www.biglickbluegrass.com

Spring Concert
April 12, Fayetteville
(910) 486-0221
www.capefearbg.org

Ricky Skaggs Concert
April 12, Fayetteville
(910) 323-1991
www.community-concerts.com

Antique Power & Tractor Show
April 12–13, Benson
(919) 934-7584
www.classicantiquepowerinc.com

Military Vehicle & Surplus Show
April 12–13, Denton
(336) 859-2755
www.farmpark.com

Farm Show & Festival
Union County Ag Center
April 13–14, Monroe
(704) 272-7502
www.unioncountytractors.com

Downtown Arts & Crafts Show
April 13, Hillsborough
(919) 942-6410
www.hillsboroughartscouncil.org

Movie: Gone With The Wind
April 13, Yadkinville
(336) 679-2941
www.yadkinarts.org

Convicts At Large Lecture
April 13, Mount Airy
(336) 786-7998
www.surryarts.org

20th Anniversary Charity Gala
April 13, Lincolnton
(704) 732-0867
www.rotarylinc.org

Masterpieces
April 13, Fayetteville
(910) 433-4690
www.fayettevillesymphony.org

Pottery Festival
April 13–14, Seagrove
(336) 873-7887
www.heartofnorthcarolina.com

Civil War Reenactment
April 13–14, Huntersville
(704) 875-2312
www.lattaplantation.org

Lakeland Cares For John 3:16
Gospel fundraiser
April 14, Littleton
(252) 586-3124
www.lakelandtheatrenc.org

A Day of Blood: The 1898 Race Riot
April 14, Fayetteville
(910) 486-1330
www.theartscouncil.com/afe.php

International Whistlers Convention
April 17–21, Louisburg
(919) 496-4771
www.whistlingiwc.com

Cyber Bullying
April 18, Fayetteville
(910) 630-7157
www.theartscouncil.com/afe.php

Rotary Auction for Education
April 18–20, Lincolnton
(704) 732-0867
www.rotarylinc.org

Young At Art With Kayla Ellis
April 19, Mount Airy
(336) 786-7998
www.surryarts.org

Play: Winnie The Pooh
April 19–21 & 26–28, Fayetteville
(910) 678-0042
www.faytechcc.edu

Play: "And then came tomorrow…"
April 19–21 & 26–28, Fayetteville
(910) 672-1006
www.uncfsu.edu/arts/theatre-season

The Carolina Travelers
April 20, Mount Airy
(336) 786-7998
www.surryarts.org

Clenny Creek Day
Crafts, food, music, demonstrations
April 20, Carthage
(910) 692-2051
www.moorehistory.com

**Shakespeare's
Two Gentlemen of Verona**
April 20, Yadkinville
(336) 679-2941
www.yadkinarts.org

Studio Tour & Kiln Openings
April 20–21, Seagrove
(336) 517-7272
www.discoverseagrove.com

Lizzie Lane's Colonial Tea
April 21, Raleigh
(919) 833-3431
www.joellane.org

Murder & Mayhem Storytelling
April 22, Monroe
(704) 283-8184
www.union.lib.nc.us

Jim Quick & Coastline Concert
April 25, Mount Airy
(336) 786-7998
www.surryarts.org

**Wounding & Death
of Stonewall Jackson**
Sesquicentennial program
April 25, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.gov

North Tower Band
April 26, Mount Airy
(336) 786-7998
www.surryarts.org

Cherry Blossom Festival
Featuring antique truck/car show
April 26–27, Cherryville
(704) 435-3451
info@beamtruckmuseum.com

Musical: Ann Of Green Gables
April 26–28, Littleton
(252) 586-3124
www.lakelandtheatrenc.org

Dogwood Festival
April 26–28, Fayetteville
(910) 323-1934
www.faydogwoodfestival.com

Earth Day Celebration
April 27, Gastonia
(704) 866-6923
www.schielemuseum.org

The Entertainers Band
April 27, Mount Airy
(336) 786-7998
www.surryarts.org

Springfest
April 27, Warrenton
(252) 257-1122

Quilt Show
April 28, Cedar Grove
(919) 732-4841

ONGOING

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Dinner, music, fellowship
Tuesday nights, Midway
(910) 948-4897
www.liveatclydes.com

Durham Civil War Roundtable
Third Thursdays, Durham
(919) 643-0466

Art After Hours
Second Fridays, Wake Forest
(919) 570-0765
www.sunflowerstudiowf.com

Betty Lynn (Thelma Lou)
Appearance at Andy Griffith Museum
Third Fridays, Mount Airy
(336) 786-7998
www.visitmayberry.com

Arts Councils' Fourth Friday
Fayetteville
(910) 483-5311
www.theartscouncil.org

E. A. Poe's Pottery
Through April 20, Fayetteville
(910) 433-1457
www.visitfayettevillenc.com/events

Chili Cook-off
April 20, Stokesdale
(336) 932-9569
www.campcarefree.org

Jewish Community History
Through April 21, Fayetteville
(910) 433-1457

Anne Frank Exhibits, Events
Through April 21, Fayetteville
(910) 323-1776
www.theartscouncil.com

Race Riot of 1898
Through April 21, Fayetteville
(910) 486-1330
www.museumofthecapefear.ncdcr.org

Scratching The Surface Art Show
Through April 21, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Sculpture, Photography Exhibit
Through April 28, Raleigh
(919) 513-0946
www.camraleigh.org

Jewelry, Paintings Show
April 29–May 26, Hillsborough
(919) 732-5001
www.hillsboroughgallery.com

Al Norte al Norte: Latino Life in North Carolina
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Through April 28, 2013, Raleigh
(919) 807-7900
www.ncmuseumofhistory.org

Big Bird's Adventure, SpacePark360
Planetarium programs
Through April, Rocky Mount
(252) 972-1167
http://museum.imperialcentre.org

America & Nazi Book Burnings
Through May 22, Fayetteville
(910) 483-7727
www.cumberland.lib.nc.us

Child Labor Photography
Through June 1, High Point
(336) 883-3022
www.highpointmuseum.org

The Effect Of Gamma Rays
Off-Broadway play
April 4–April 21, Fayetteville
(910) 678-7186
www.gilberttheatre.com

Public Opening & First Fridays
Green Hill Center for NC Art
April 5–June 2, Greensboro
(336) 333-7460
www.greenhillcenter.org

Bluegrass Music Saturdays
April 6 - Dec. 31, Mt. Gilead
(910) 220-6426
www.mgmusicbarn.com

Art Walk
April 8–13, Mount Airy
(336) 786-7998
www.surryarts.org

Dixie Swim Club
Music & theatre
April 12–21, Albemarle
(704) 983-1020
www.uwharrieplayers.org

HerbFest
April 19–28, Wake Forest
(919) 570-0350
www.herbfest.net

Play: Pride & Prejudice
April 19–May 5, Fayetteville
(910) 323-4233
www.cfrt.org

Fort Bragg Carnival Fair
April 25–May 12, Fayetteville
(910) 396-9126
www.fortbraggmwr.com/fair

Coast (east of I-95)

Nature Trek With Ranger
April 2, Swansboro
(910) 326-2600

Parents Night Out
April 5, Swansboro
(910) 326-2600

Boogie On Broad
April 5, Edenton
(252) 562-2740
www.mainstreetedenton.com

Easter Musical: Come, Follow Me
Auditorium performance
April 5, Scotland Neck
(252) 826-3152
www.townofscotlandneck.com

Spring & Grow Pig Cook-Off & Expo
April 5–6, Dublin
(910) 862-2576
www.lumilvineyard.com

Spring Fling Family Fun
April 6, Swansboro
(910) 326-2600

Cycle NC Spring Retreat
April 6–7, Edenton
(252) 482-3400

USAF Heritage Band
April 12, Edenton
(252) 482-0300

Pat Wictor Concert
April 12, New Bern
(252) 646-4657
www.downeastfolkarts.org

In-Water Boat Show
April 12–14, Oriental
(252) 249-0228
www.orientalboatshow.com

Home Tour
April 13, Tryon
(828) 859-2048
www.greenbladesgardenclub.org

Pat Wictor Concert
April 13, Beaufort
(252) 646-4657
www.downeastfolkarts.org

Learn About NC Hurricanes
April 18, Swansboro
(910) 326-2600

Historic Landmarks Open House
April 19, Kill Devil Hills
(252) 449-5318

Wench Auction/Benefit
April 19, Beaufort
(704) 877-1820
www.beaufortpirateinvasion.com

Pilgrimage Tour of Homes
April 19–20, Edenton
(252) 482-8005
www.chowanarts.com

The Joy of Quilting
April 19–20, Elizabeth City
(252) 426-5395
www.cqlguild.org

Pirate Putt-Putt For Polio
April 20, Kill Devil Hills
(252) 449-8997

Le Tour de Bogue Banks
April 20, Pine Knoll Shores
(252) 808-2998
www.kayakforthewarriors.org

Rocky Hock Opry
April 26–27, Edenton
(252) 340-3438

TarWheel Century Cycling Tour
April 27, Camden
(252) 267-3312
www.rivercitycyclingclub.com

Antique & Collectables Show
April 26–27, Washington
(252) 975-6309
www.ruths-house.org

ONGOING

Art Walk
First Friday, Elizabeth City
(252) 335-5330
http://ecncart.com

Art Walk
First Friday, Greenville
(252) 329-4200
www.uptowngreenville.com

Easter Musical: Come, Follow Me
Through April 13, Edenton
(252) 482-4621
www.rockyhockplayhouse.com

Student Art Show
Through April 25, Manteo
(252) 475-1500
www.roanokeisland.com

Pamlico Amateur Radio Meeting
Third Thursdays, Washington
(252) 945-8220
www.k4bch.com

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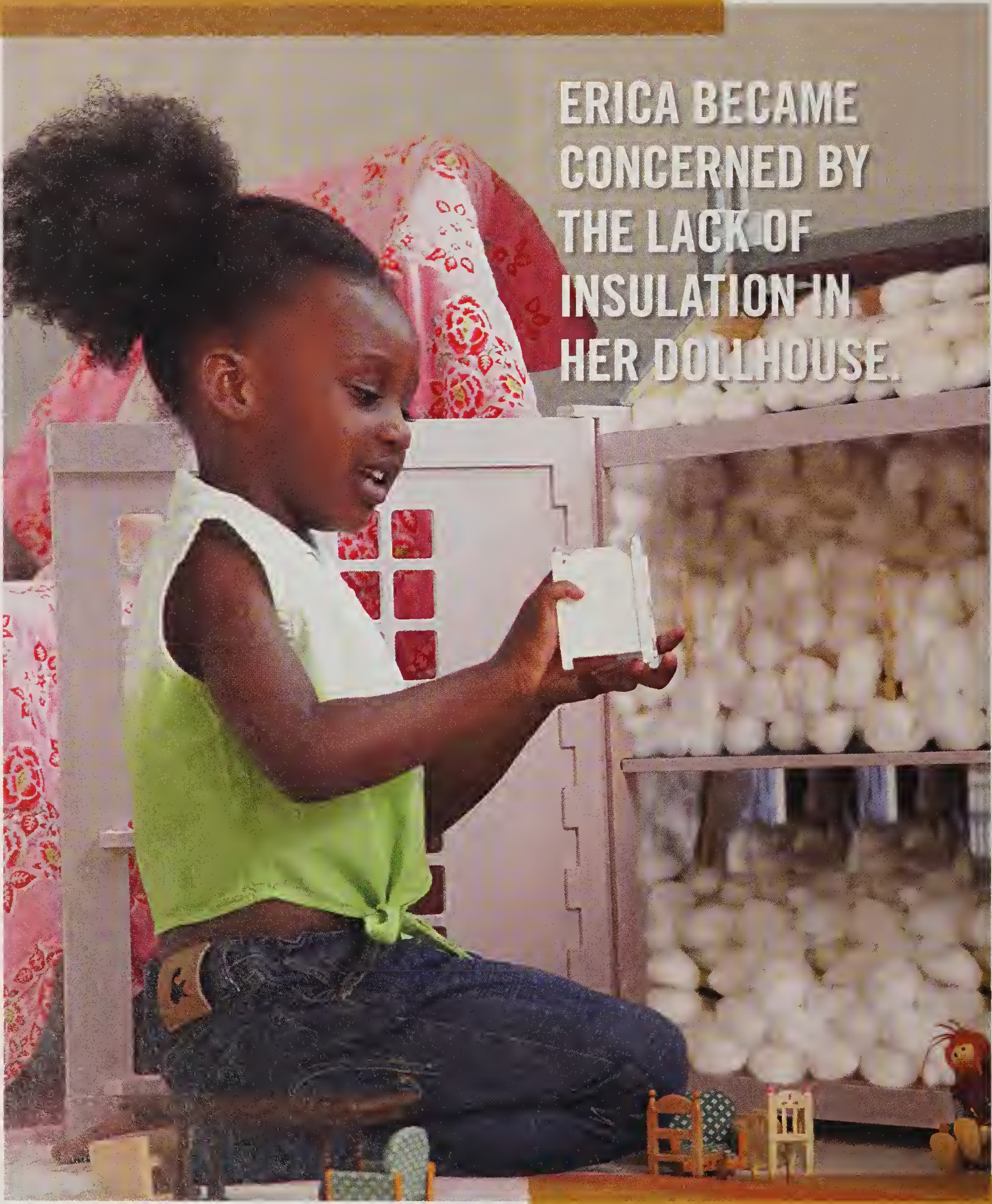
ERICA BECAME CONCERNED BY THE LACK OF INSULATION IN HER DOLLHOUSE.

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ADVENTURES

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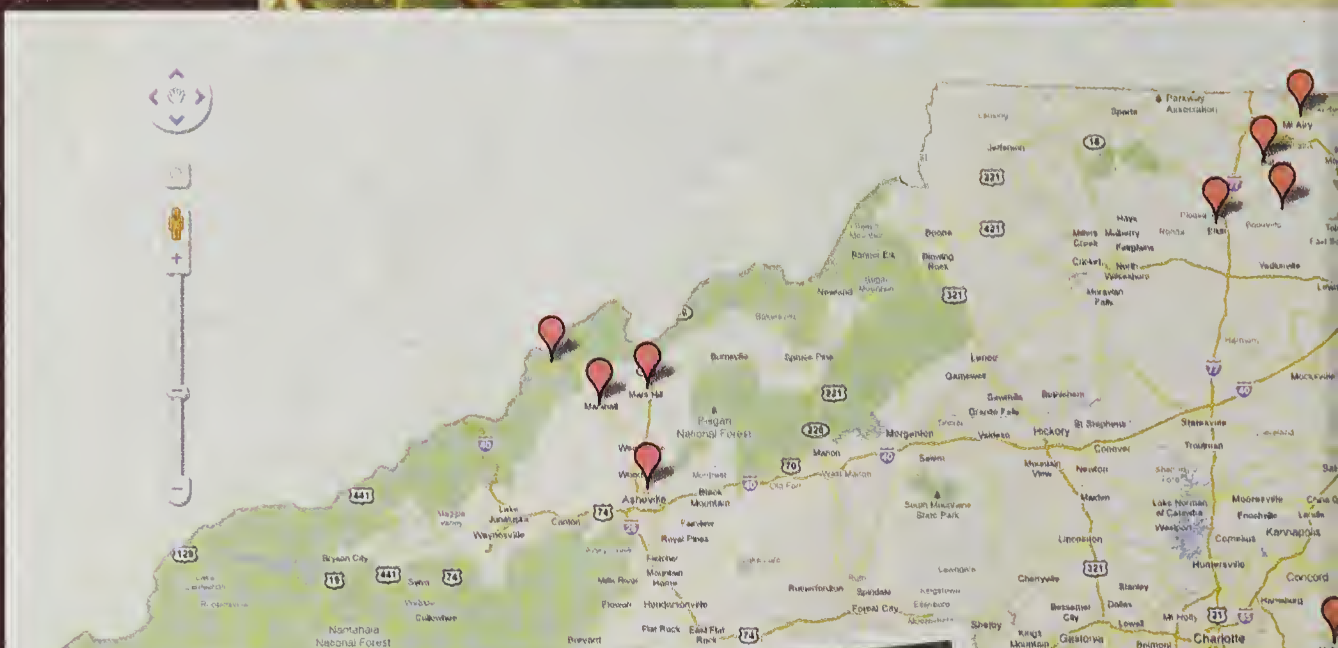
Sparta
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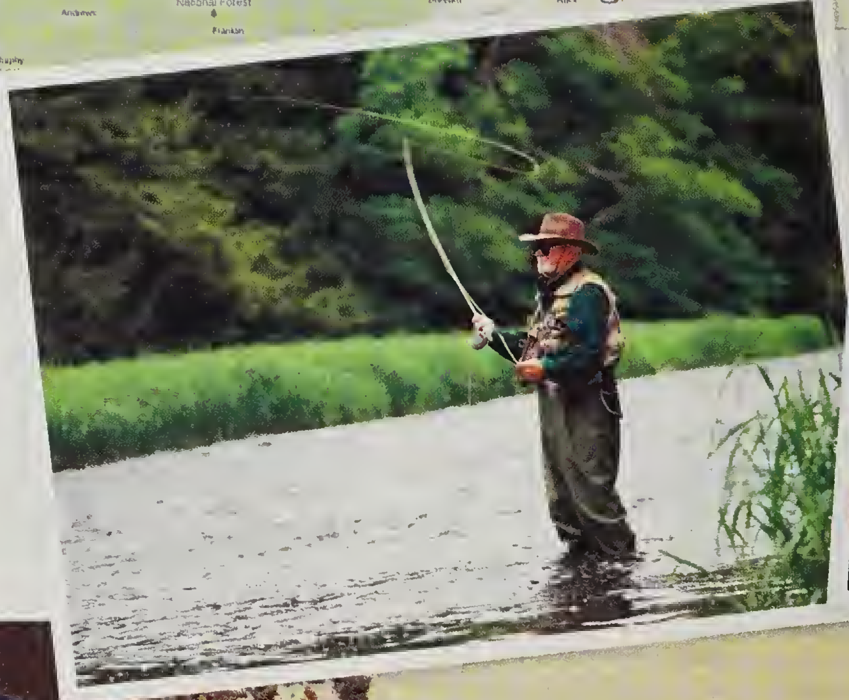
Mt Airy
Elkin
Boone
Blowing Rock
Burnsville
Spruce Pine
Marshall
Mars Hill
Pisgah National Forest
Morganton
Marion
Lenoir
Hickory
Statesville
Asheville
Waynesville
Canton
Bryson City
Nantahala National Forest
Franklin
Andrews
Hendersonville
Brevard
Shelby
Gastonia
Mooresville
Kannapolis
Concord
Charlotte



Yadkin River

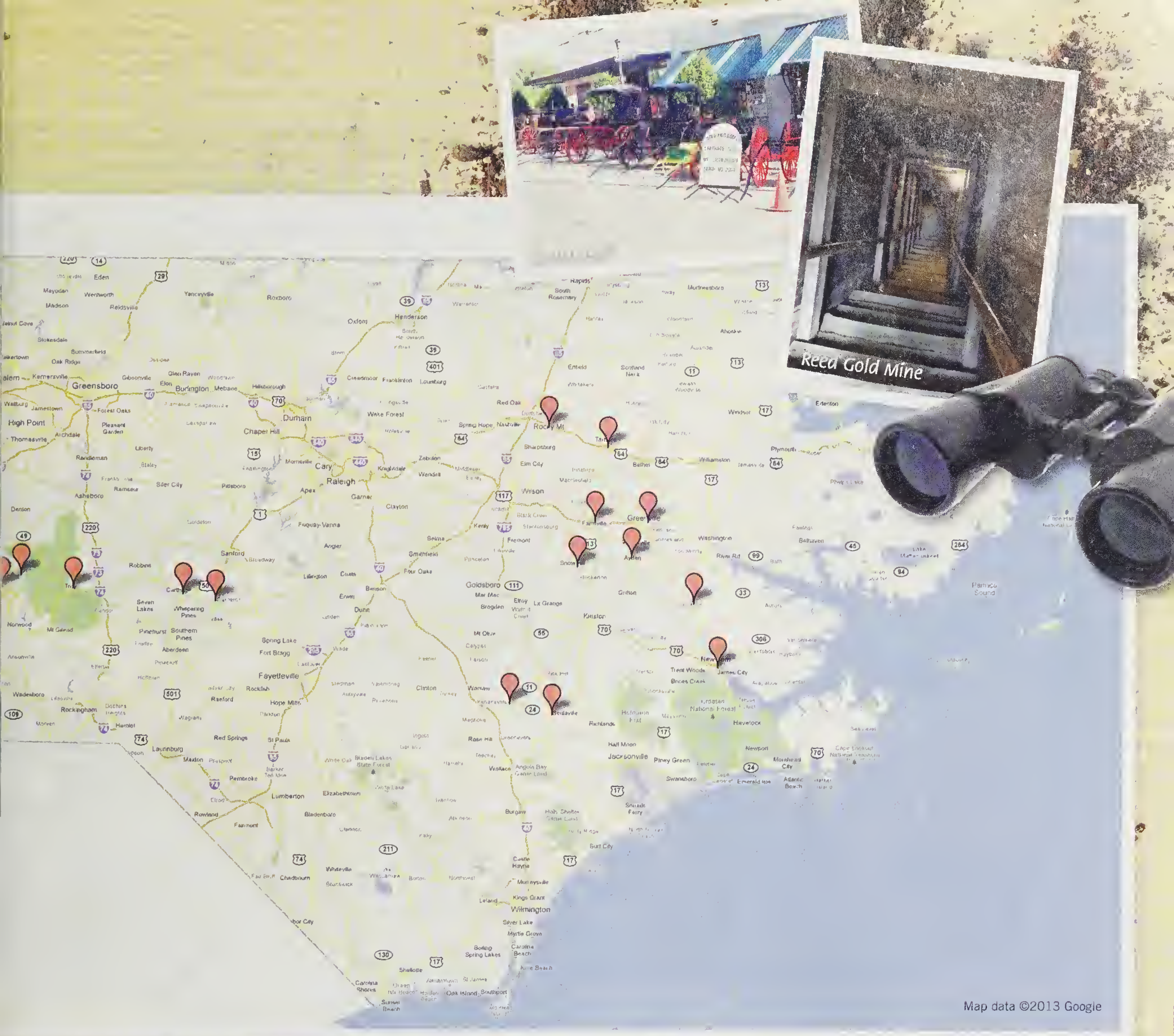
From one end to the other, North Carolina is about as diverse as any state in the nation. We've got hard gemstones in the west, soft crabs on the coast and red clay in the middle. The tobacco we grow in the mountains is different than what we grow in the east. What we live in, how we drive, what we eat and how we talk varies from one region to another.

Our annual Touchstone Energy Travel Guide encourages you to experience this variety firsthand.

This year, we offer you six great travel stories about interesting areas in the mountains, Piedmont and coast. The adventures may be familiar to you, or they may not. In any case, each holds the promise for a lot of travel fun.

As you make your way through this guide and through the countryside, you can be assured that a Touchstone Energy cooperative is nearby.

Thanks to everyone who helped us compile this guide, and to our sponsors: the cooperatives and the advertisers on pages 40 to 44.



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A Surry County Getaway 54
Hot Springs, Marshall & Mars Hill 56

This supplement to Carolina Country is brought to you by North Carolina's Touchstone Energy cooperatives, serving nearly 2 million people in 93 North Carolina counties. We bring the power of human connections to all regions of North Carolina. Touchstone Energy cooperatives nationwide are committed to integrity, accountability, innovation and community involvement. Send comments and corrections to editor@carolinacountry.com.

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Dailey Vincent Fest
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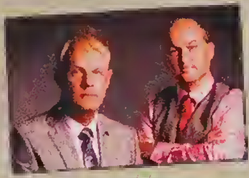

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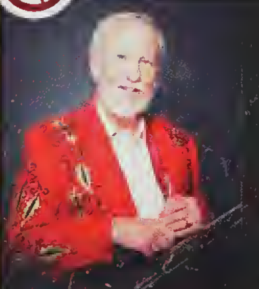

33rd Annual
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www.farmpark.com
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AMCA Southern National Meet

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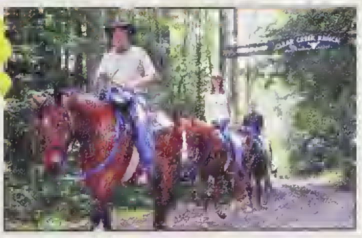

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MAY 3 - 5 / 2013

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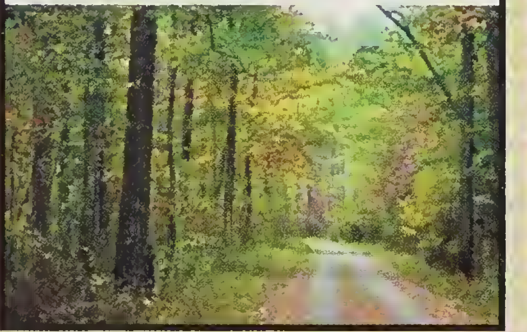

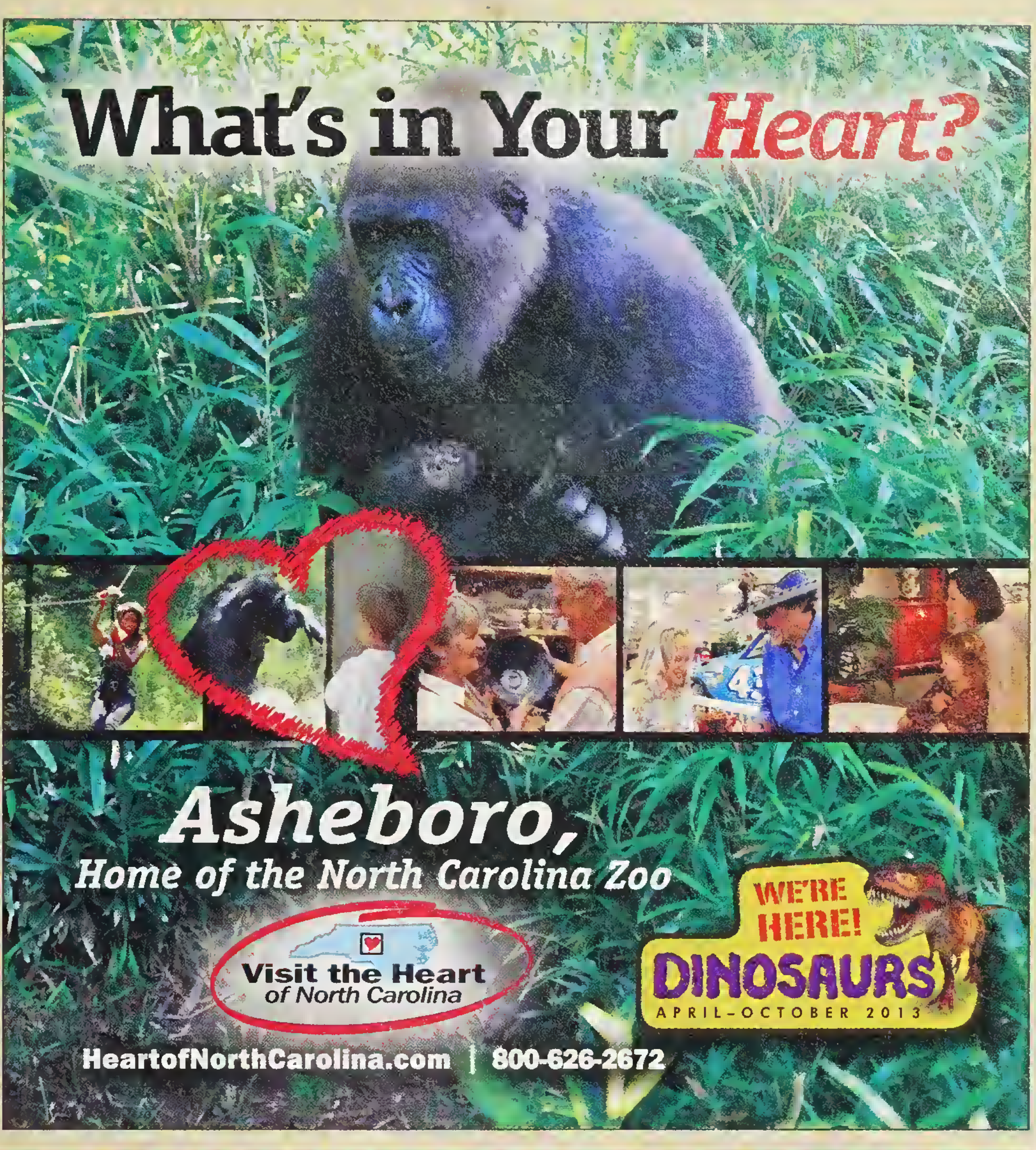
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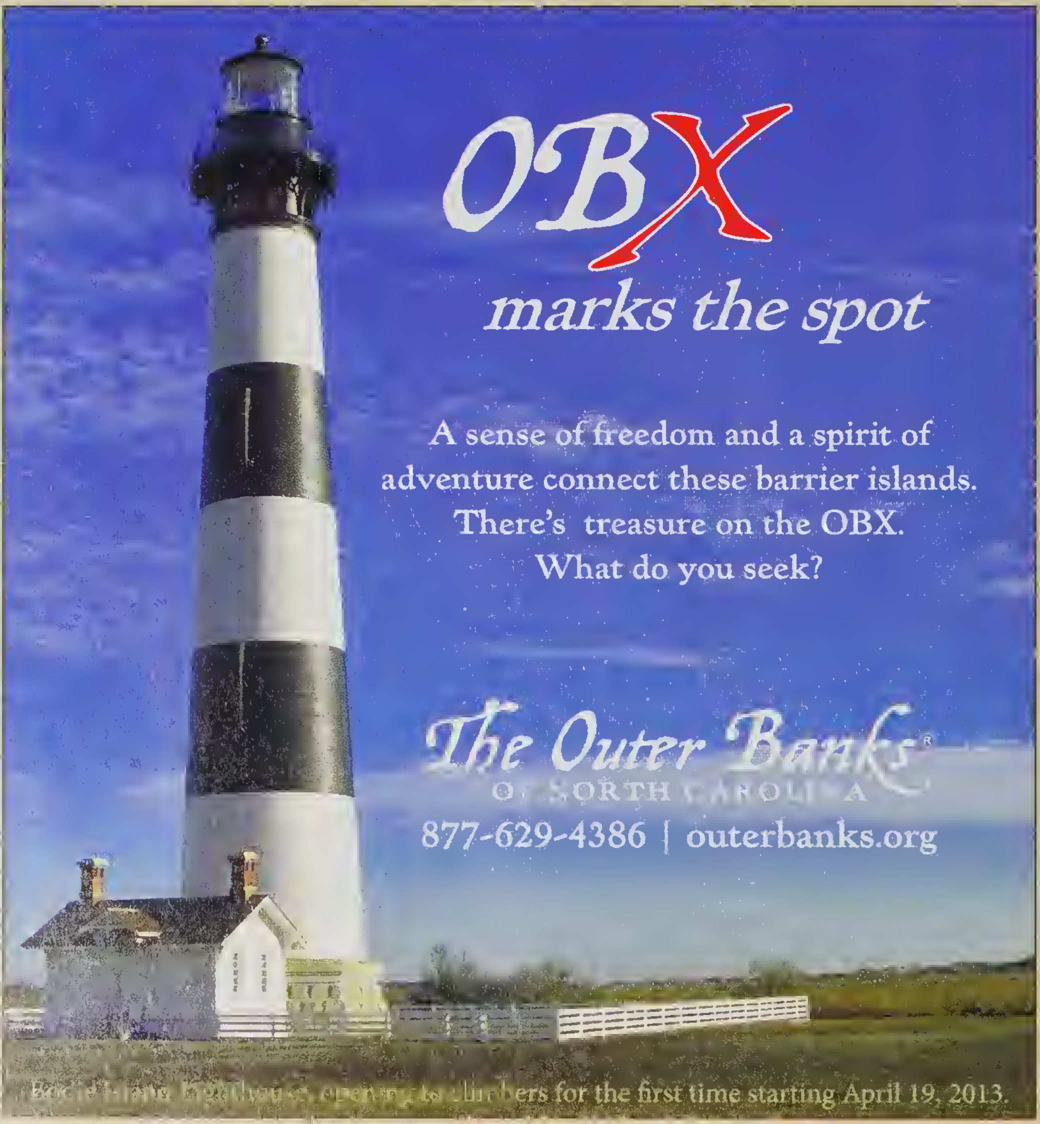
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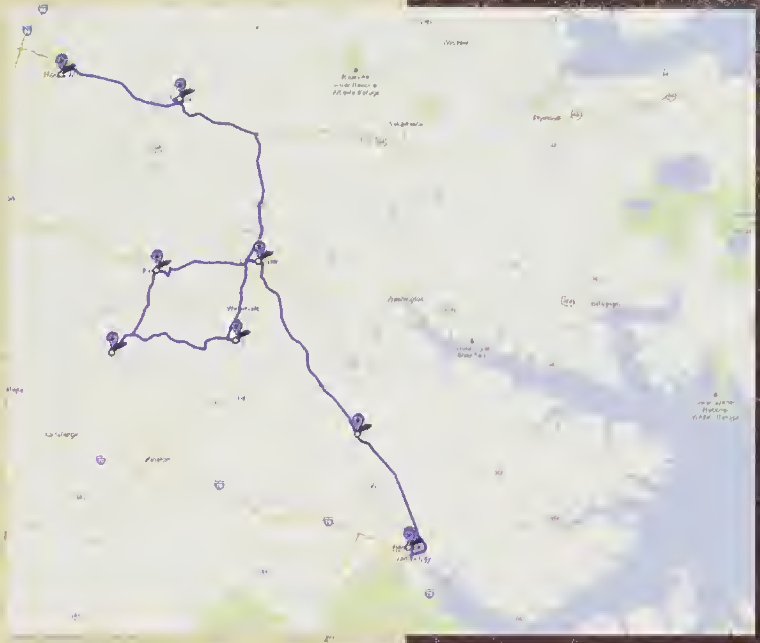
Retracing Potter's Raid

A trip through eastern North Carolina countryside that is ever so peaceful 150 years later

By Michael E.C. Gery

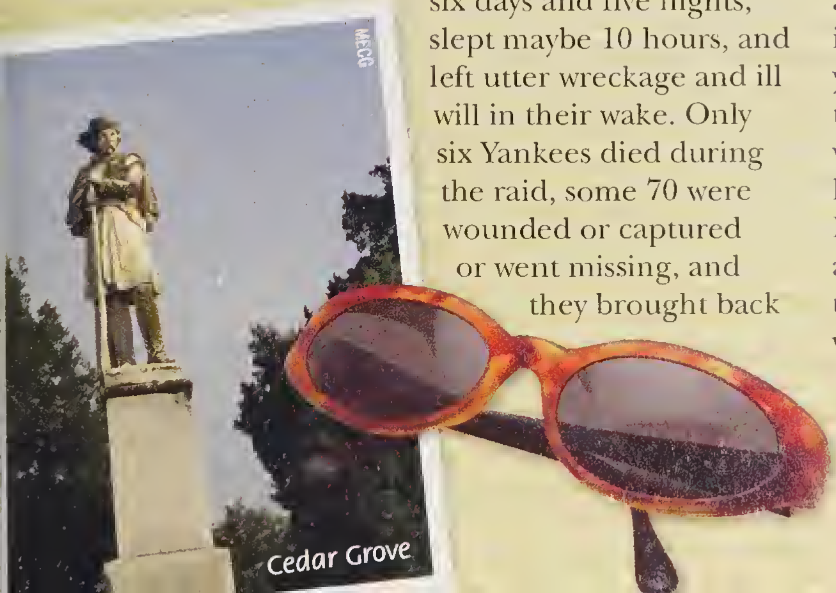


The Southern war for independence was not going well in eastern North Carolina 150 years ago. Thousands of Yankee troops occupied the river towns of Plymouth, Washington and New Bern and the coastal areas of Roanoke Island, Beaufort and Morehead City. North Carolina's fighting men were busy in Virginia and South Carolina, and at Gettysburg where in early July some 14,000 Tar Heels fought and nearly 6,000 died.

In July 1863, the Yankees at New Bern carried out a wild and crazy raid between there and Rocky Mount. The idea was to damage the Wilmington & Weldon Railroad at Rocky Mount, a lifeline for the food and supplies—as well as whatever made it through the Union naval blockade at Wilmington—that eastern North Carolina sent to Confederate forces in Virginia and points north. When you see the railroad today anywhere from Wilmington through Burgaw, Mount Olive, Goldsboro, Wilson, Rocky Mount, Enfield, Halifax and Weldon, think of it as vital to the state's survival during the Civil War.

The forces of Union Brig. Gen. Edward E. Potter's Raid comprised some 800 men, mostly on horses, some on foot–including both black and white North Carolinians who joined the campaign—soldiers, guides, medics, cooks, news reporters and pack animals carrying four cannons, supplies and ammunition. Following a route that would take us five hours to drive today, they traveled maybe 250 miles all together over six days and five nights, slept maybe 10 hours, and left utter wreckage and ill will in their wake. Only six Yankees died during the raid, some 70 were wounded or captured or went missing, and they brought back about 100 prisoners, 300 escaping slaves and lots of stolen goods and money. It happened after a heavy rain, so it was wet and beastly hot, and the rivers and creeks were high. They surely reeked of smoke and alcohol as they burned and looted everything they could.

Wilmington writer David A. Norris in 2007 published the most complete description of Potter's Raid. What we'll do here is cover the route as it looks today, imagining what it was like 150 years ago. You could take this adventure over a weekend, depending how long you visit the area. Because they faced Rebel attacks anywhere along the way, Potter's men were in a hurry.

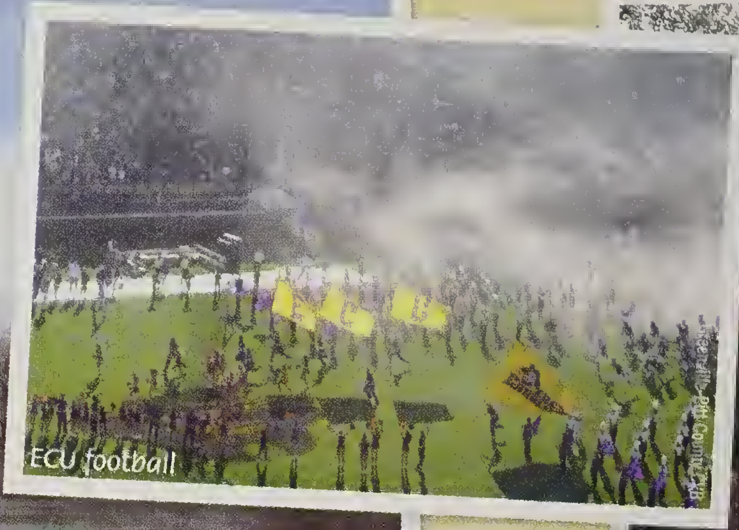


Resources

- ★ **"Potter's Raid:** The Union Cavalry's Boldest Expedition in Eastern North Carolina," by David A. Norris, 2007. Available in paperback from sellers at www.amazon.com.
- ★ **Civil War:** www.civilwartrails.org
- ★ **New Bern:** www.visitnewbern.com
- ★ **Greenville-Pitt County:** www.visitgreenvillenc.com
- ★ **Rocky Mount:** www.rockymounttravel.com
- ★ **Tarboro:** www.tarboro-nc.com
- ★ **Farmville:** www.farmville-nc.com
- ★ **Snow Hill:** www.greenecountync.com

Green Mill Run

NECG



ECU football

Stonewall Manor

New Bern to Vanceboro

To start in New Bern on a Saturday morning as they did, you can spend the previous night and get breakfast in the historic district. Then look at Fort Totten, a city park between Broad St. and Trent Blvd., where the men assembled at dawn, Saturday, July 18. Nearby is the 27-acre New Bern Battlefield Park (where the city fell in March 1862) and the historic Cedar Grove Cemetery with its old gravesites, including a vault containing 70 Confederate soldiers.

Moving their equipment and horses onto flatboats, it took Potter six hours to get across the Neuse River just north of the city. By noon, they headed toward Swift Creek Village (later named Vanceboro, for the Civil War governor) where advance troops had prepared a camp. To get here today, cross the Neuse on Hwy. 43 and pass the Street's Ferry marker noting where Potter's men crossed on their way back to New Bern. It's quiet, pretty country now. In Vanceboro, where there's Main Street Sweets and a pizza place, the Raiders spent the night unmolested, except for some locals who shot at them and fled.

Greenville

It took them 10 hours on Sunday, July 19, to go 25 miles to Greenville. On the way they beat up on some "Local Defense Troops" at Black Jack near today's Free Will Baptist Church. Reach it from Hwy. 43 north, going right on Blackjack-Simpson Rd. (just north of the Hwy. 102 intersection).

Back then, Greenville was confined to today's uptown area around the courthouse, Evans St., 3rd St, and the College View Historic District. They described the town as you would today: genteel and well-kept. The only troops they saw were in the hospital (forerunner to today's super medical complex). They shook down anyone who looked like they had money, ripped jewelry off women's bodies, liberated slaves from the jail. As today, they found "some very pretty ladies" who had "secession stamped on every feature," and visited saloons where they "made ourselves intimate with the interior arrangements." By 5 p.m., they staggered out of there with lots of money, silver, gold, brandy and other booty. A Confederate later said the raiders "defaced and disfigured" places where "merry throngs of pleasure were wont to repair at eventide" (forerunner of the merry throngs who gather after ECU football games).

This would be a good place to spend the rest of the day and night, becoming intimate with the fine cafes, galleries, shops and museums, the Civil War-era Skimmer-Moye House & Grounds. Also, East Carolina University is here. In summer, the town has concerts at the amphitheater on the Town Common. River Park North is a great 324-acre natural area on the north bank of the Tar River. And the Green Mill Run Greenway is a pleasant 3.5-mile trail that takes you into neighborhoods, the university and scenic areas.

Falkland to Rocky Mount

During that July 19 Sunday night, Potter's men, hungover or not, made their way north through Falkland, waking people and ransacking as they went. Today, on and off Hwy. 43, are fine old places that could have been raided 150 years ago. Around midnight, they reached Sparta community (Old Sparta today, near where Hwy. 42 meets Hwy. 33) to cross the Tar and get a few hours rest.

At 4 a.m., July 20, Potter sent maybe half his men and a cannon to Rocky Mount to do the deed on the W&W Railroad. They arrived about 8:30 a.m. and did major damage over the next two hours, beginning at the train depot (same area as today's magnificently restored station) which they burned along with nearby buildings. They interrupted and captured Rebel soldiers at breakfast in the hotel. They moved north and burned the Tar River railroad bridge, then set fire to the massive Rocky Mount Mills (cotton), a flour mill, warehouses, stables, stores, railroad cars, and 37 loaded army wagons. Some

Rocky Mount Travel & Tourism

Thinkstock

Blount-Bridgers House

broke into houses and stole everything they could carry.

The buildings around Rocky Mount Mills today sit quietly awaiting what could be a major historic preservation project (**www.rockymountmills.com**). Nearby is the well-maintained Battle Park (named for the mill's founding family) and the circa 1830 Stonewall Manor. A 3.9-mile Tar River Trail takes you along this proud section of the city. It culminates on one end at Sunset Park (many activities), passes by the once-burned railroad bridge and goes to the Martin Luther King Jr. Park. Rev. King himself spoke at the nearby gym 99 years after the raid.

Rocky Mount has come a long way. Confusing as it can be finding your way around, it's worth checking out the Imperial Centre for Arts and Science, the Sports Complex and Highway Diner.

Tarboro

During the July 20 terror in Rocky Mount, Potter's other contingent that morning terrorized Tarboro, a wealthy town surrounded by productive plantations. They galloped in on West Wilson St. and immediately destroyed many of the places around the town's elegant Town Common, including cotton warehouses, railroad cars and a partially-built ironclad gunboat. "These fiends and hyenas" pillaged the Masonic Hall, banks and houses, including that of Henry T. Clark, a recent governor. Confederate forces from Fort Branch at Hamilton surprised the Yankees later in the day just east of Tarboro at Daniel's Schoolhouse (now under I-64), where a two-hour hellfire battle left six bluecoats killed and 18 captured before the rest fled. The Rocky Mount detachment showed up soon, set some fires of their own and moved out.

Tarboro soon returned to its civilized ways. You can see the town's pride in the self-guided tour of its remarkable historic district, including the impressive Blount-Bridgers House and art gallery, Pender museum and the old churchyard cemeteries. A good place to eat is the Classic Diner on E. Pitt St.

On the run

The ambush at Daniel's Schoolhouse sparked in Potter's men a desire to get back to New Bern right away. Rebels from Kinston and elsewhere chased and stung them most of the way. Their local guides took them—and their equipment and a swelling following of slaves riding on stolen mules, wagons and carriages—on back roads, through farms and across small bridges. Some 150 Confederate soldiers ambushed them at Otter Creek Bridge near Falkland, but a local black man directed them to another crossing at a ford. At dawn July 21, they refreshed their horses at Grimsley's Church north of Snow Hill. Grimsley was (or quickly became) a Union sympathizer whose Greene County plantation house still stands on Hwy. 13 near where Hwy. 903 heads east to Maury. They rode down through Hookerton where Rebels shot at them and burned the bridge over Big Contentnea Creek. So the Yanks turned east and reached Scuffleton (west of Ayden) toward evening, where they again skirmished with Rebels but crossed Little Contentnea Creek.

At dawn July 22 in southern Pitt County near Grifton, Confederate infantrymen scattered the tired, sizable party of "contraband" slaves who lagged behind Potter's Raiders. The Rebels were further delayed when they paused to gather up booty Potter's men had strewn in the road. Meanwhile Potter's cavalcade went through Vanceboro, then reached the Neuse at Street's Ferry where they again fought off attackers. By midnight, Federal gunboats from New Bern arrived at Street's Ferry and the Rebels withdrew. By 7 a.m., July 23, Potter began crossing to New Bern and safety.

Following their return route today takes you through peaceful, beautiful countryside. You can visit the serene towns of Farmville and Snow Hill. You can imagine the majesty of the 1863 plantations in this area, but it's harder to fathom the fear among the families and slaves who cultivated them as they faced the marauding terrorists of Potter's Raid. While the Yankees destroyed major parts of this civilization in the space of six days—and severely handicapped the Confederate war effort here—the W&W railroad was repaired about a week later, and the war dragged on nearly two more years.

Yesteryear in Duplin County

Life among the rural rich and famous,
as well as the regular people of Duplin County

By Ann Green | Photos by Ven Carver

Liberty Hall

As soon as you step inside the spacious entrance hall at Liberty Hall in Kenansville, you get a glimpse of 19th-century plantation life in Duplin County.

Built in the early 1800s by Thomas Kenan II, the Greek-revival style house has the original heart pine floors and 95 percent of the original windowpanes, according to JoAnn Stroud, the home's curator. "As long as the Kenans lived here, there was no electricity or indoor plumbing," she says.

The entrance hall features a parrot wallpaper in shades of blue, green and red on a blue background. "It is based on an original design," says Stroud.

To the right of the hallway, the music room is furnished with burgundy draperies, the original piano and the sheet music of Annie Kenan, the home's last resident. "Annie was an accomplished pianist and played at the Presbyterian Church."

Across the hall, in the library, the men drank brandy, smoked cigars and conducted business transactions.

Meanwhile, the ladies escaped to the Victorian-style parlor and sipped tea. The parlor also was where Mary Lily Kenan married Standard Oil scion Henry Flagler in 1901. Dubbed the wedding of the century, the affair attracted the nation's social elite, who traveled by private train and horse-drawn carriages to attend the wedding.

Upstairs, Mary Lily's off-white wedding dress, which is made of chiffon over white taffeta and Brussels lace is displayed in a lady's bedroom. Even though Mary Lily was petite, weighed only 95 pounds and had an 18-inch waist, she was quite buxom, says Stroud.

During the cold months, Annie Kenan and her three siblings ate their meals downstairs in the winter dining room, which featured a fireplace equipped with warming shelves.

During the hot summer days, the family gathered in the summer dining

Liberty Hall

Resources

LODGING

- ★ **Murray House Country Inn**, 201 NC 24-50, Kenansville. www.murrayhouseinn.com/welcome.asp; or call (910) 296-1000.

RESTAURANTS

- ★ **Olde Drugstore Café**, 110 Front St., Kenansville or call (910) 275-1800.
- ★ **Southern Exposure**, 202 Main St., Faison. www.southernexposurerest.com; or call (910) 267-0496.

For information about other lodging and restaurants, as well as Duplin County's famous wineries, visit the Duplin website: Duplin County Tourism, uncorkduplin.com or call (910) 296-2181.

Mary Lily Kenan's wedding dress

Bulk and More Store

nch Farm's Homestead Museum

room that had doors opening to the outside to catch cross breezes.

Designated as a Southern Historic Landmark, the restored Liberty Hall occupies several acres in downtown Kenansville. The 11-room, white-framed home is surrounded by a white picket fence. On the side of the house, there are several dependencies, including an overseer's cottage, a wine cellar and a bath house with a four-hole privy and corn cobs that were used as toilet paper. "The less prominent people usually had an outhouse with one hole," says Stroud.

The most charming outbuilding is Martha's cottage, which recreates a servant's residence. Filled with primitive country furnishings, the one-room home was heated by a fireplace. The children slept in a loft on pallets or simple mattresses stuffed with straw, corn shucks or other matter. "Martha was the chief cook," Stroud says. "She and her brothers chose to stay on the plantation after the Civil War. Their skill and dedication helped the Kenan family during the postwar years."

Open Tuesday–Saturday, 10 a.m.–4 p.m. To find out more, visit the Web: (**www.libertyhallnc.org**;) or call (910) 296-2175. Admission: adults $5; children (5–11) $2.50.

Cowan Museum

Walk across the yard from Liberty Hall and tour the Cowan Museum, which has more than 1,800 artifacts from early rural America, including an 18th-century copper ear trumpet used as a hearing aid. The museum also has an extensive collection of 18th and 19th-century household utensils, as well as a leather and iron ox blinder that has slits over the eyes. "Oxen could be ornery," says museum manager Donna Cowan. "Before the animals went into the field, the farmer put blinders on them."

On the museum grounds, there is a one-room school and other outbuildings.

Open Tuesday–Saturday, 10 a.m.–4 p.m. Closed major holidays and major holiday weekends. Visit the Web: **www.cowanmuseum.com**; or call (910) 296-2149. Admission is free.

Tarkil Branch Farm's Homestead Museum

For a glimpse into early farm life in Duplin County, visit the Tarkil Branch Farm's Homestead Museum in Beulaville. Owned by the Fountain family, the museum is packed with family memorabilia, including period furniture, vintage sewing products, quilts and boys' faded sun suits. "Mama was an excellent seamstress," says Benny Fountain. "She made the sun suits out of feed bags."

Outside the museum, 11 vintage buildings depict the family's resourcefulness. Inside a three-room cabin, Fountain shows the kitchen, which had a wood stove with iron kettles. "They used a lot of iron objects to get warm," he says.

In the parlor, Fountain holds up a wooden baby box made by his grandfather. "He took the baby and the box to the fields and worked," he says. "This is where babies first learned to stand and hold the railing and wobble and wiggle."

As a tribute to the early days of electricity, a Four County Electric exhibit is set up in the hen house. The display features early electrical fixtures and gadgets, including light bulbs, a light fixture pulled with a chain, hot plate, fuse box, washing machine and fan. "We didn't get electricity on the farm until 1940," says Fountain.

Open Saturday 9 a.m.–5 p.m. and Tuesday–Friday by appointment or group reservation. To find out more about the museum, go to: **www.tarkilfarmsmuseum.com**; or call (910) 298-3804. Check the Web for admission fees.

Bulk and More Store

For homemade baked goods, go down Fountaintown Road from the farm museum to the Bulk and More Store. As you walk inside, you can smell the sweet scent of yeast. Run by the Mobley family, the store sells homemade sourdough bread and other baked goods.

Flour, grain, bakery mixes, rice and other products that are sold in bulk sizes line the shelves, including 50-pound bags of buckwheat flour, oat flour, spelt flour and cake flour. "Customers who want to buy in big bulk can call ahead and place an order," according to Valley Mobley.

The store also stocks a complete line of flavorings, candy chips, dried fruit, yeast and other baking items, as well as hand-rolled butter.

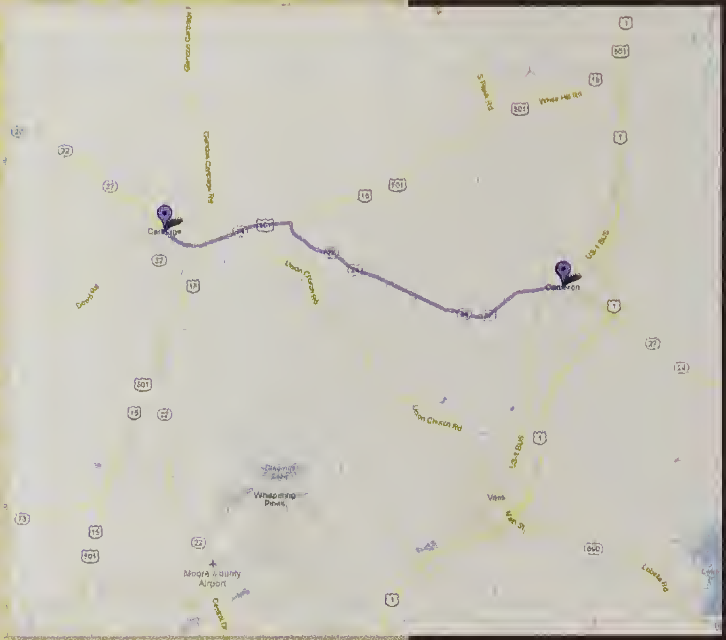
Open Tuesday, Thursday, Friday 1–7 p.m.; Wednesday, 1–5 p.m.; and Saturday, 10–5 p.m. (910) 298-2183.

Ann Green is a writer based in Raleigh.

Cameron & Carthage

These neighboring Moore County towns offer antiques, intriguing history, BBQ and more

Text and photos by Karen Olson House



Historic Cameron

Driving west on Highway 24/27 toward Cameron, the countryside's big barns and sparkling ponds beckon prettily. A little park tempts a stop, but then you see railroad tracks and four antique stores in a cozy cluster. And up over the hill, more antiques shops await.

Cameron, incorporated in 1867, used to be the end of the line for the Raleigh and Augusta Railroad. Named for a railroad official, Cameron became a bustling commercial center with turpentine distilleries, a carriage works, hosiery mill, hotels and saloons. The Lucretia dewberry made it king after it was introduced to Moore County in 1892. Farmers who planted its bushes unloaded big yields for auction at the railroad tracks, and Cameron was named "The Dewberry Capital of the World." Indeed, from 1910 to 1920, between 60,000 and 90,000 dewberry crates were shipped out in refrigerated boxcars each season. Unfortunately, rust struck the plants and no new bushes were planted, partly because tobacco had emerged as the cash crop. By the 1950s, the dewberry and turpentine industries had died out and the train didn't stop as it honked through.

SCORING ANTIQUES

Today, antiques are the town's biggest industry, attracting eager interior designers and home decorators on the hunt for old treasure. Each of its shops has its own unique appeal. McPherson's, which once housed a general store, sells a genteel mix of cottage furniture, linens, china, scarves and handbags, North Carolina wines and food products such as chutneys, barbecue sauce and yes, dewberry jam. (If you are wondering, the dewberry tastes like a mild blackberry. Locals say it makes a mean pie.) The friendly proprietor, Dianne Taylor-Webb, serves lunch in the store — tasty concoctions such as turkey, brie and apple sandwiches.

The Market, Cameron

Hardware Antiques Store, Cameron

Events

CAMERON

- ★ **Spring Antiques Street Fair,** Saturday, May 4
- ★ **Annual Summer Sizzler Sale,** Saturday, July 20
- ★ **Fall Antiques Street Fair,** Saturday, Oct. 5
- ★ **Christmas Open House,** Saturday & Sunday, Nov. 23–24

Call (910) 245-3415, (910) 245-3020 or visit www.antiquesofcameron.com

CARTHAGE

- ★ **Carthage Buggy Festival,** Friday–Saturday, May 10–11. www.thebuggyfestival.com
- ★ **100+ Years Of Progress,** 1,000+ historical, mechanical machines, including unique tractors and steam engines.

  Friday–Sunday, Nov. 1–3, (919) 708-8665 or www.edervillenc.com

Gilliam-McConnell Airfield, Carthage

Pik n Pig, Carthage

She is enthusiastic about the state's vineyards and holds all-day tastings of wines.

Across the street, The Market, housed in the historic Muse Brothers department store building, sells furniture, glassware, rare collectibles, lamps and home décor, along with refreshing drinks at its Cappuccino/Espresso Bar. Behind The Market is the restored Old Cameron Jail, built around 1885. If it's locked, ask in the Market to see its interesting vintage photos and posters.

Further on through the village, you'll see the venerable Hardware Antiques Store, where dealers showcase stoneware, paintings and formal and country pieces in handsome displays. Dewberry Deli & Soda Fountain is located downstairs. It sells yummy, old-time concoctions, including vanilla coke floats and banana splits, along with salads, homemade soups and PB & J "sammiches" for the kids.

Nearby, This Old House is full of nostalgic "smalls" easy to take home, including albums, children's books, cartoon glassware, photographs and cookie jars. You walk through at least nine rooms, including a kitchen and covered back porch. This Old House further distinguishes itself as the only shop open on Sundays in Cameron.

In addition to these shops, there are many more to explore on Highway 24–27/Carthage Street, all within a half mile or so. Other points of interest include Cameron's old churches and Victorian and bungalow homes. Wear good shoes and expect to buy items you don't need but just can't live without.

Historic Carthage

The Moore County seat, Carthage, is about 10 miles from Cameron down Highway 24/27. Its 1922-built courthouse and traffic roundabout mark the center of downtown.

BUGGY HISTORY

Carthage's history includes a fascinating look at the Tyson and Jones Buggy Factory, one of the largest buggy manufacturers in the nation. It operated here from 1850–1925, and at its peak, turned out 3,000 carriages and buggies a year. As the "horseless carriage" (aka cars) grew in popularity, the factory began its demise. Its last buggy was sold in 1925 to an elderly gentleman who declared he'd never drive an automobile.

You can learn more about the company, see its buggies and view photographs of its executives and office workers at the Carthage Historical Museum. The museum also features a visual timeline, starting in 1796, covering its schools, businesses and churches, and displays prescription medicines sold from a local drugstore. Its War Room has uniforms and memorabilia from those who served, and explains a World War II aviator's monument at the courthouse. Open Sundays from 2–5 p.m. or by appt. 202 Rockingham St. (910) 947-2331 or **www.townofcarthage.org**

BBQ AND PLANES

When you want good barbecue, flying doesn't usually come to mind. And when you picture flying, you don't generally think of good 'cue. But partners Ashley Sheppard and his mom Janie have combined these two very worthwhile pursuits at their popular Pik 'n' Pig restaurant out at Gilliam-McConnell Airfield. There, customers munch succulent, slow-cooked brisket while watching military helicopter maneuvers and small planes take off and land. On especially lucky days, they catch jaw-dropping loops and tricks by daring pilots. Once a local secret, the restaurant is now nationally known, especially to hobby pilots who readily launch for lunch and who appreciate the small, privately-owned airstrip's simplicity.

The Sheppards, third-generation barbecuers blessed with fourth-generation staff, opened here in 2007. Since then, they've added a covered outdoor porch and another dining area. In addition to wood-fired BBQ plates and sandwiches, Pik 'n' Pig serves starters like smoked wings and desserts like Coca-Cola cake. 194 Gilliam-McConnell Road (about a mile from downtown Carthage). (910) 947-7591 or **www.piknpig.com**

SHOPPIN' AND SIPPIN'

For new fashion, check out Lisa's Boutique (111 McReynolds St., near the courthouse). Its warm owner will help you put together an alluring, contemporary outfit. Vintage hounds can browse three thrift stores—Suga's, Re-Do and Christian Outreach store—in a row on Courthouse Circle.

Antique lovers like T& T Hidden Treasures (3733 Hwy. 15-501) and Ouida's, which also sells striking pottery (open Saturdays; 310 Monroe St.). Moore Coffee, (201 S. McNeil St.) serves chai tea lattes and delicious frappes. Its upbeat atmosphere includes a giant Sgt. Peppers Lonely Hearts Club Band-inspired mural. See if you can spot locals' faces amid the more famous ones.

Accommodations

Folks like The Old Buggy Inn, a charmingly restored Queen Anne Victorian in Carthage (**www.oldbuggyinn.com**). There's also a little RV park at Gillian-McConnell Airfield (15 sites, full hookups, **www.airportrvpark.com**). The closest hotels for Carthage and Cameron are roughly 15 minutes away in Southern Pines and Pinehurst.

A Gold Country Adventure

Gold and more await you in the Piedmont foothills

By Renee Gannon

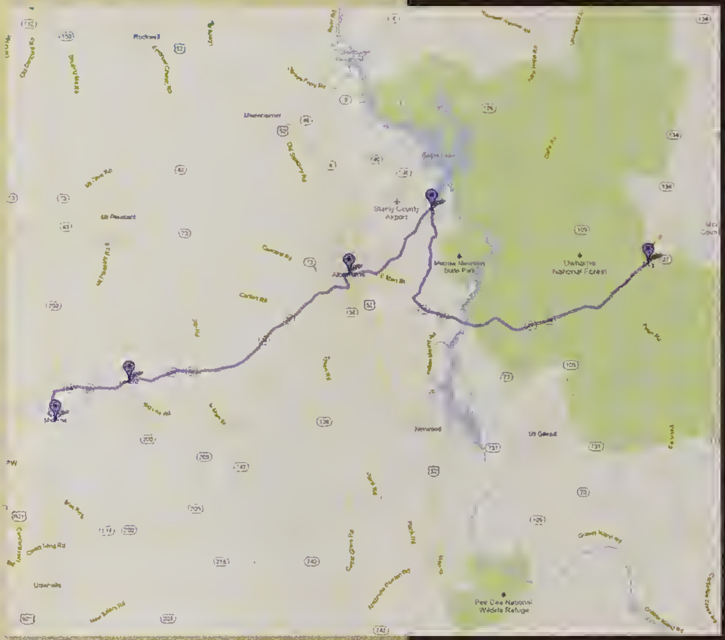
Just east of Charlotte and south of the Triad in the rolling hills of the southern Piedmont, a golden rock used as a doorstop in 1799 set off the first gold rush in the United States—50 years before prospectors headed to California. The U.S. government opened the Federal Mint in Charlotte in 1837 to handle the gold pulled from mines, creeks and hillsides. Today, the mines are closed, and the creeks quietly flow through forests and past farms. Families now venture to the region not to strike it rich, but to enjoy the area's history, natural beauty and small town charm.

Reed Gold Mine State Historic Site

Young Conrad Reed found the 17-pound golden doorstop in Little Meadow Creek in Midland, the first documented discovery of gold in the U.S. Conrad's father, John Reed, sold the rock in 1802 for $3.50 (a week's worth of wages), not knowing its worth at the time set close to $3,600 (almost $100,000 today). Reed soon found out what his farmland held and began surface mining for gold in a partnership known as the Reed Gold Mine. Gold mining underground began in 1831 at Reed Gold Mine, with the first shaft.

Mine operations opened at other Piedmont sites such as Gold Hill, Cotton Patch, Barringer, Ingram and Parker. The golden boom lasted until 1845, with North Carolina gold production ceasing around 1915. Just a few new "finds" in old mines and panners working the creeks for flakes and small nuggets continued the hunt until the 1930s.

Reed Gold Mine State Historic Site opened to the public in 1977 (admission is free). The almost 900-acre site has a visitor center and more than 400 feet of restored underground tunnels. The underground tour descends 50 feet below the surface and you can feel the temperature fall as you drop into the brownish-red rock and timber structure space. The deepest shaft at Reed



Resources

STANLY COUNTY
★ www.visitstanly.com
(800) 650-1476

MONTGOMERY COUNTY
★ www.uwharries.com
(910) 572-4300

Reed Gold Mine
Renee Gannon

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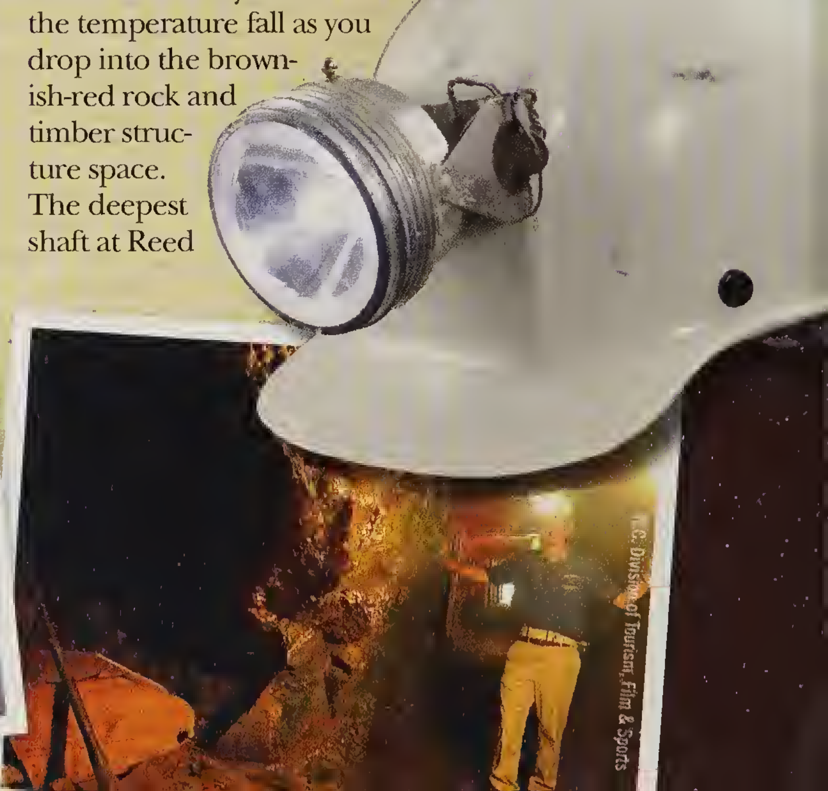
N.C. Division of Tourism, Film & Sports

Lake Tillery, Big Rocks Trail

Renee Gannon

Old School Mill's Fresh House

OLD SCHOOL MILLS
FRESH HOUSE

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Badin Road Drive-In

Badin Road DRIVE-IN THEATER
A
FRANKENWEENIE
WRECK IT RALPH
B
TAKEN II
ARGO

Renee Gannon

Morrow Mountain Loop Trail

Stanly CVB

reached 150 feet, while some mines in other parts of the state plunged 600 feet.

The property also features wooded trails to outside exhibits, an ore-crushing stamping mill and a bridge over Little Meadow Creek. Across from the visitor center you can try your luck at panning for gold for $3. A water trough awaits you and your 15-pound, rock-laden pan. A guide demonstrates the panning technique and checks on your progress. It's time-consuming and shows the patience those early prospectors had to find the smallest golden flake. If lucky, you will walk away with a vial of gold. (**www.nchistoricsites.org/reed** or 704-721-GOLD)

Nature beckons

Badin Road leads to the small town of Badin, known as the gateway to North Carolina's central park—Badin Lake, Lake Tillery, Morrow Mountain and the Uwharrie National Forest (park office in Troy), as well as the Yadkin, Pee Dee and Uwharrie rivers that split Morrow Mountain from the Uwharries. Outdoor recreation rules here, with boating, canoeing and kayaking; fishing, camping, biking, hiking and horse trails available.

If time allows, plan to spend the day in the woods. For my daughter's first hiking adventure, we chose Morrow Mountain State Park, with its range of trail distance, access and ability levels more suited for a young first-timer.

Morrow Mountain is located on the western edge of the 50,000-acre Uwharrie National Forest that spans both Stanly and Montgomery counties, just outside of Albemarle. Once part of an ancient eastern U.S. mountain range, the Uwharrie's four major peaks of Morrow, Sugarloaf, Hattaway and Fall, have worn down over time, with Morrow now the highest at 936 feet. The state park's museum located at the park office details the geological and cultural history of the area. Park rangers are available to discuss hiking and other recreational options to best suit your needs.

You can hike across Morrow Mountain in many directions without ever leaving the wooded path on 15 miles of trails (with 16 miles of horse trails). We chose several trails whose trailheads were accessible by car to break up the hikes. Our day started with the short, easy 0.8-mile Three Rivers Trail loop, which leads from the boat ramp parking area on Lake Tillery, along and then away from the shores of the Yadkin and Pee Dee rivers, back to the parking area. This is a perfect introduction trail for young hikers, with the water's edge, slight hills, leaf-covered trails, wildflowers, marshes and creeks to traverse.

After attempting to skip rocks off the river, a short drive to the Morrow Mountain summit led to the Mountain Loop Trail. This 0.8-mile trail traverses around the mountain summit. While marked as easy, gravity can be felt on the front side of the summit, trying to pull you down the mountain's incline. The view from the summit features wooded foothills, small farms, Sugarloaf, Tater Top and Mill mountains, the Pee Dee River and Lake Tillery.

The Overlook picnic area sits at the trail's end, a perfect spot for a quick sandwich and chips lunch before tackling a longer trail—the 2.5-mile Big Rocks Trail (1.25 miles each way).

The Big Rocks Trail starts in the family camping area. This scenic trail takes hikers up and down hills deep into the woods. Nature is here, with the calls of hawks and songbirds, small animals skittering through the leaves, the dampness of a moss-covered fallen tree, the smell of earth in the air. The trail ends at a large rock outcropping above Lake Tillery, which you must climb down to arrive at the water's edge. Navigating the rocks and tree roots can be tricky, especially for children, but the breathtaking view is worth the climb.

Local eats and entertainment

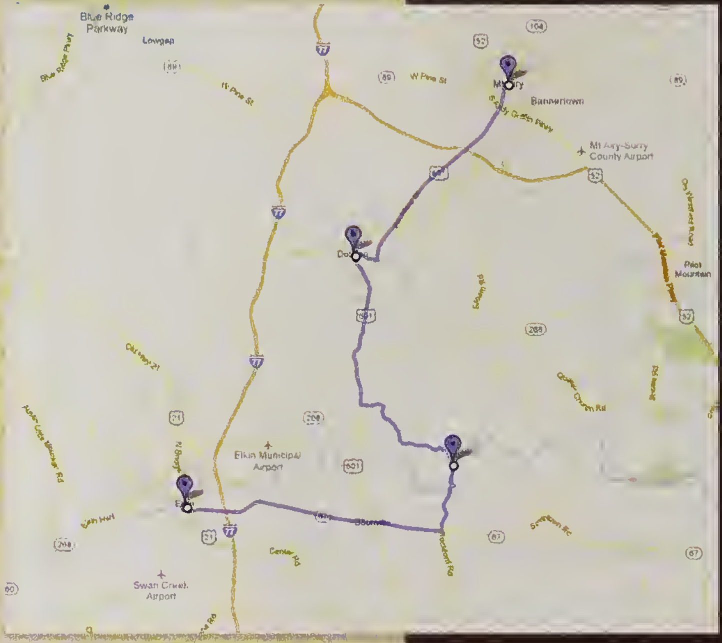
After hiking, touring an underground mine, and sloshing a pan of rocks and water in hope of seeing a golden glint, a bite to eat is in order. The best bet to any good meal is to ask the locals. The Reed Gold Mine attendant recommended Old School Mill's Fresh House in Locust, a family-owned antique grist mill that produces Old School brand flours, grit, molasses, jams and other products. The mill's country store features a bakery and a full-service restaurant where everyone's country favorites are served, even fried frog legs. (**www.oldschool.com** or on Facebook at Old School Mill's Fresh House, 704-888-1460)

Looking for dinner and entertainment? The Badin Road Drive-In has been showing first-run movies and serving hamburgers, hot dogs, pizza, popcorn, ice cream and other favorites since 1948. The two-screen drive-in caters to adult and family movie buffs. WiFi access and FM stereo audio allows you to listen to the movie through a car radio or a portable stereo (recommended to save car battery). With weekend double features, the drive-in offers family fun without hurting the family wallet. (**www.badinroaddrivein.com** or 704-983-2900).

A Surry County Getaway

This Yadkin Valley region offers an escape from the every day

By Renee Gannon


Blue Ridge Parkway
Lowgap
W Pine St
Mt Airy
Bannertown
Mt Airy-Surry County Airport
Pilot Mountain
Old Hwy 21
Elkin Municipal Airport
Swan Creek Airport
Center Rd

Surry County is the heart of North Carolina's Yadkin Valley, where tobacco, textiles and furniture once ruled. While these endeavors still endure, tourism has blossomed into an economic force that melds the area's past and present. Visitors come to walk the streets of Mayberry, taste the wines created from the grapes grown in old tobacco fields and paddling the muddy waters of the Yadkin River.

Surry wine

North Carolina boasts almost 400 vineyards, with 110 bonded wineries. It's an almost $1 billion industry here, providing 7,600 jobs across the state.

Yadkin Valley is home to 36 of those wineries, with 20 of the tasting rooms within 20 miles. Twelve wineries are located in Surry County, now considered the heart of the wine region, with three more set to open in late 2013. You could spend several days touring all the county's wineries, but here is a small selection of the Surry wineries:

Shelton Vineyards (336-366-4724, **www.sheltonvineyards.com**), Dobson: Brothers Charles and Ed Shelton planted the first vines at Shelton Vineyards in 1999, the largest family-owned vineyard in the state at 125 acres and growing 10 varieties of grapes. The Sheltons were pioneers in the Yadkin Valley, whose success spawned the ever-growing wine industry in the region.

Stony Knoll (336-374-5752, **www.stonyknollvineyards.com**), Dobson: Owner Van Coe turned a portion of his wife Kathy's family tobacco farm into vineyards, planting the first vines in 2001. Coe says the land's fertile tobacco past set up the soil for growing grapes. The farm is listed as a N.C. Century Farm, growing crops for more than 116 years.

Brushy Mountain Winery (336-835-1313, **www.brushymountainwine.com**), downtown Elkin: Begun in 2006 as an "epiph-

Resources

SURRY COUNTY
★ www.verysurry.com
(877) 999-8390

YADKIN VALLEY
★ www.visittheyadkinvalley.com
(877) 728-6798

Yadkin River

Shelton Vineyards
Surry County TDA

Surry County TDA

Surry County TDA

North State Winery

TDA

Mount Airy

ROCKFORD GENERAL STORE
OPEN
Renee Gamnon

Rockford General Store

any" for then 76-year-old Matthew Mayberry and his wife, Anna, the winery recently re-opened under new owner Beth Duncan.

Carolina Heritage (336-366-3301, **www.carolinaheritagevineyards.com**), Elkin: Clyde and Pat Colwell started this vineyard in 2005. It is certified USDA Organic.

Elkin Creek (336-526-5119, **www.elkincreekvineyard.com**), Elkin: Mark Greene planted the first vines in 2001 on the site of a historic grist mill built in 1896. The Greenes recently sold the vineyard and winery to the Jeroslow and White families, two couples who met while working with the Blue Man Group theatrical tour.

Grassy Creek (336-835-4230, **www.grassycreekvinyard.com**), Elkin: Founded in 2003, this vineyard and winery pays homage to the former dairy farm locally known as the Klondike Farm, by bottling a few wines in milk bottles with the Klondike Farm's golden Guernsey cow "Nira Pola" on the label—a cow with an interesting story that involved traveling with Admiral Richard E. Byrd to Antarctica in 1933, where she gave birth on the trip to a calf named Iceberg.

Old North State Winery (336-789-9463, **www.oldnorthstatewinery.com**), downtown Mount Airy: Two families started this cooperative in 2002, devoted to growing grapes on their family farms. The winery is located in a historic 1885 building that housed a general store, until a dynamite charge set off next door damaged the storefront in 1926. During rebuilding in 1969, a worker discovered skeletal remains of an arm in the basement. When the winery moved, the skeletal arm, known as the "Restless Soul," became part of its story and label.

Other wineries in Surry County include: Round Peak, Old Mille, Hutton Vineyards, Herrera Vineyard and Slightly Askew.

Small town charm

Travel to Mount Airy (800-948-0949, **www.visitmayberry.com**) to walk the streets of Mayberry: Snappy Lunch and its famous pork chop sandwich, the Blue Bird Diner (go for the onion rings), the Mayberry Soda Fountain, Floyd's Barber Shop where you can still get a shave and a haircut, visit the Mayberry jail and sit in the Otis cell. One can even stay at Andy Griffith's homeplace, now managed by the local Hampton Inn, for $175 per night.

The Andy Griffith Museum showcases all things Andy and Mayberry. Squad Car Tours also start and end at the museum. Drivers tour you around in 1961, '62, '63 and '65 models of the Ford Galaxie squad car, visiting the world's largest granite quarry, Mayberry sites and other area highlights. My driver, Melvin Miles, had his mobile phone ringtone set to the Andy Griffith Show theme song.

Next door to the museum is the Surry Arts Council, home to the Siamese twins Eng and Chang Bunker exhibit. After retiring from show business, the twins settled in Trap Hill/Mount Airy. The Bunkers had 21 children total, with many of their descendants still living in the area. The exhibit shares interesting facts about the twins, along with debunking many myths about them.

When darkness falls, catch the Mount Airy Ghost Tour. Hosted by the Mount Airy Museum of Regional History, it begins and ends at the Old North State Winery. The tour is a little tongue-and-cheek, so it's safe for all ages. Just don't worry if you feel a cold nose nudging from a long-dead mule put down by its impatient owner. For an upscale dining experience before or after ghost hunting, head to Trio's for award-winning food and service.

In Elkin, hikers can walk the 2.5-mile portion of the Overmountain Victory National Historic Trail. Elkin serves as one of the two trailheads, with the other in Abington, Va. After hiking, sit down to a meal at Harry's Place, a local favorite featuring southern home cooking and sweet tea in a Mt. Olive pickle jar. For white tablecloth dining, walk downtown to Twenty One and Main restaurant.

Paddling away

For outdoor enthusiasts, the Yadkin River is accessible throughout the county. The muddy water is slow-flowing and wide, with creeks along the river to explore. Overhanging trees on the riverbanks provide shade to paddle under when needed.

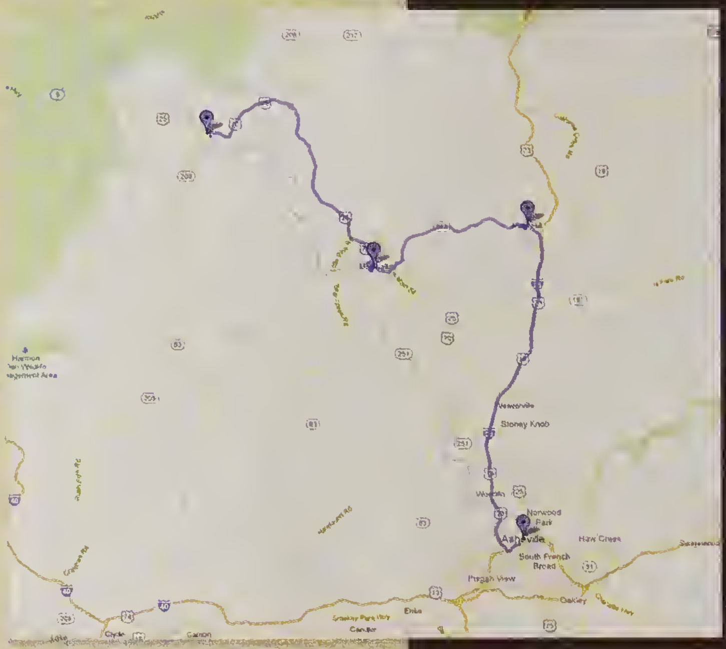
One outfitter, Yadkin River Adventures (336-374-5318, **www.yadkinriveradventures.com**) located in historic Rockford, provides 2-, 4-, and 6-hour and overnight canoe and kayak trips. The outfitter provides transportation to and from your starting and ending points. The 2-hour trip goes from Boonville back to Rockford. About halfway, a left turn up the Fisher River leads to a rock outcropping perfect for a picnic lunch. The paddle upstream to the rocks is strenuous going against the current, but you cruise back down to the Yadkin.

The Rockford General Store (336-374-5317, **www.rockfordgeneralstore.com**), located across the street from the outfitter's office, can pack a picnic for you in a cooler to tote in your kayak or canoe. When you bring the cooler back, dip into the old ice chest for a bottle of Cheerwine, Nehi or Coke, sit back on the outside bench next to the wooden Indian chief and relax after a day of paddling, and plan your next wine stop, dinner or paddling experience.

Hot Springs, Marshall and Mars Hill

Scenic mountain towns in Madison County that soothe and excite

Text and photos by Karen Olson House



Hot Springs

Stretching from Georgia through Maine, the Appalachian Trail is no place for sissies. Boot soles peel off, backpack straps break, cooking stoves leak gas. Wanderlust turns into "wonder lust" as you search in vain for the trail. Not to mention those prickly encounters with porcupines or black bear.

Even without these surprises, trail life is challenging. Blisters rub, backs ache and legs burn at the mere sight of yet another switchback. Fantasies of hot baths torture and stomachs growl for impractical treats. It's no wonder A.T. hikers visibly relax when they walk into Hot Springs. The trail goes right through the town's main thoroughfare, not that A.T. hikers would miss the opportunity to enjoy a trail town as well-liked and counted upon as this one.

Scenic Hot Springs has long soothed those seeking comfort and pleasure. Its carbonated spring water is famous for its mineral content and healing properties, and starting in 1832, a succession of fancy resort hotels catered to the wealthy here. Fortunately for those with lighter purse strings, the town today offers restaurants and lodging that cover rich and poor.

EATIN' AND SHOPPIN'

As befitting a trail town, you can easily walk to nearly everything. The Smoky Mountain Diner is the place to score a hot, sit-down breakfast—it's revered for its generous portions and berry cobblers. Folks also like Spring Creek Tavern's hamburgers, craft beers and live music. Eat on its porch, if possible, and take the time to swing the old-time dangle successfully onto the hook out there. Sweet Imaginations serves tempting deli sandwiches, frozen yogurt, brownie sundaes and other ice cream treats. Dinner is open to the public at Mountain Magnolia Inn, and like the inn, the Ironhorse Station Restaurant serves fresh, organic fare in a hospitable atmosphere.

For outdoor gear and tips on local trails, go to Bluff Mountain Outfitters (152 Bridge St.). Ironhorse Station's complex includes

Resources

MARS HILL, HOT SPRINGS & MARSHALL

- ★ 877-262-3476; 828-680-9031 or visit www.visitmadisoncounty.com
- ★ Madison County Visitor's Center, 56 S. Main St., Mars Hill

House near Lover's Leap trailhead

Hot Springs

ArtiSun Gallery and Marketplace (50 S. Andrews St.), a warm, pleasing space with a wine shop, coffee bar and artisan jewelry, fiber art, photography, wood working and pottery. Then stroll over to Harvest Moon Gallery & Gift Shop (81 Bridge St.), which sells a mix of art, antiques, vintage goods, records and tie-dyed clothing, and Hazelwood House Gift Shop (50 S. Spring St.), where you can browse more traditional arts and crafts such as teddy bears, dolls and rocking chairs.

THE SPRINGS

Hot Springs Resort and Spa has modern, secluded Jacuzzi-style hot tubs in wooden outdoor decks along Spring Creek and French Broad River. It pipes the springs' mineral water into the tubs, which are sanitized and drained after each use. Prices start at $13 per hour, depending on tub, time and person-count. Open daily into late evening. For tub reservations, call (828) 622-7676.

ACCOMMODATIONS

The resort is located on 100 acres. In addition to luxury suites it has eight primitive camping cabins, RV sites and more than a 100 tent sites. Other town accommodations include $15 a night hostels (Laughing Heart Lodge), inn rooms and cottage and cabin rentals. For more information, visit **hotspringsnc.org**.

ANNUAL EVENTS

Trailfest, Friday-Sunday, April 19–21

It celebrates hiking in particular but also bicycling, skateboarding and river rafting. Festivities kick off with an inexpensive spaghetti dinner, and end with pancakes, a float trip, and family soccer. Other activities: music, a 5k run, chili cookoff, bonfire, talent contest, nature craft demo, Hula Hoop workshop, duck race and morning yoga. (828) 622-9575 or **www.hsclc.org/newsevents/trailfest.html**

French Broad River Festival, Friday-Sunday, May 3–5

Live music, mountain bike and whitewater raft racing. Arts and crafts and kids' village with facepainting, games and storytelling. **www.frenchbroadriverfestival.com**

Marshall

Quaint, historic Marshall (pop. around 870) is perched over the wide French Broad River. Despite the surrounding green topography, it can feel like an old western town. Townfolk hold spirited community events, including dancing and cakewalks, along with country, bluegrass and mountain music, in its restored train depot. Step inside there and ask the oldtimers what's next on tap, then relax on its back deck overlooking the river. Also on Main Street: the Madison County Courthouse; Good Stuff, a combination music venue/beer hall/wine bar/restaurant; Lapland Bookshop, which sells gently used and new books and handcrafts from its storybook cottage; artsy Zuma's Coffee; and (of all things) a tattoo museum that features extraordinary photographs, artifacts and books. On French Broad Fridays, downtown businesses stay open late, with festivities and special restaurant menus, for kids of all ages.

ANNUAL EVENTS

They include a mermaid parade (June 7), "Bike-A-Licious" (July 12), and "Dog Daze" (August 9).

Mars Hill

Mars Hill is the home of Mars Hill College, founded originally as the French Broad Baptist Institute in 1856. The name became Mars Hill College, inspired by Acts 17:22 in the Bible (King James Version) that said "Then Paul stood in the midst of Mars' hill and said, 'Ye men of Athens, I perceive that in all things ye are too superstitious." Visitors like its charming campus, which features beautiful stone buildings and artful landscaping. The Southern Appalachian Repertory Theatre holds performances at Owen Theatre there. SART's six-show season begins in June and runs through August (828-689-1384 or **www.sartplays.org**).

Other worthy stops: Main Street Deli, Papa Nick's Pizza (15 College Street) and Fiddlestix, which sells antiques, locally built furniture and other crafts (37 Library St.).

ANNUAL EVENTS

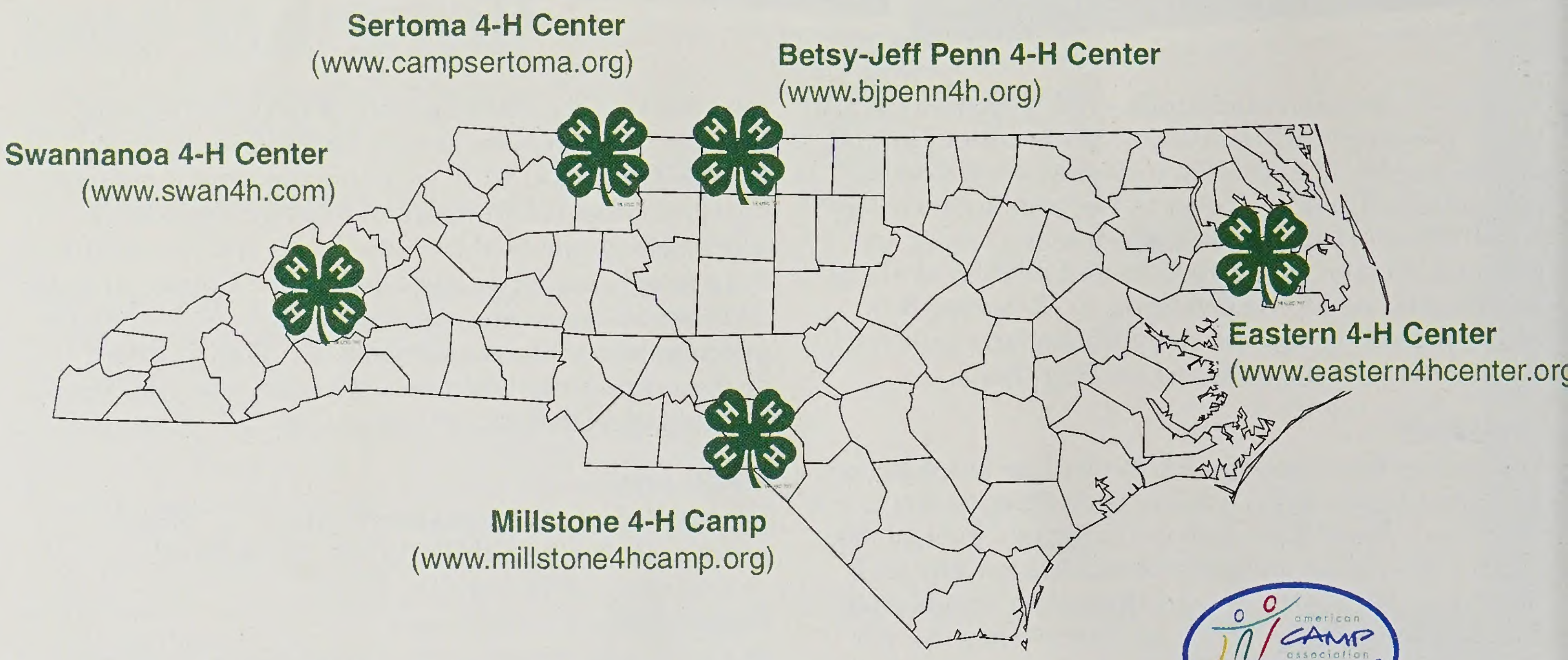
Madison County Heritage Festival, Saturday, Oct. 5

Crafts, live music and food, held on Main Street, College Street and the college's quad.

Outdoor fun

This area is a mecca for outdoor enthusiasts, offering awe-inspiring hiking, river rafting (several businesses in Hot Springs and Marshall), horseback riding (Sandy Bottom Trail Rides in Marshall), guided llama treks (Marshall), disc golf (at Mars Hill College's campus and at Blanahassett Island, a park in Marshall). If you fish, opportunities abound in active fishing streams, creeks and rivers. Wild trout fishing is open all year and hatchery supported streams open in April. StreamSide Experience (Hot Springs) schedules half and full-day guided fly fishing trips.

North Carolina's 4-H Camps and Centers


Sertoma 4-H Center
(www.campsertoma.org)
Betsy-Jeff Penn 4-H Center
(www.bjpenn4h.org)
Swannanoa 4-H Center
(www.swan4h.com)
Eastern 4-H Center
(www.eastern4hcenter.org
Millstone 4-H Camp
(www.millstone4hcamp.org)

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www.nc4h.org/centers

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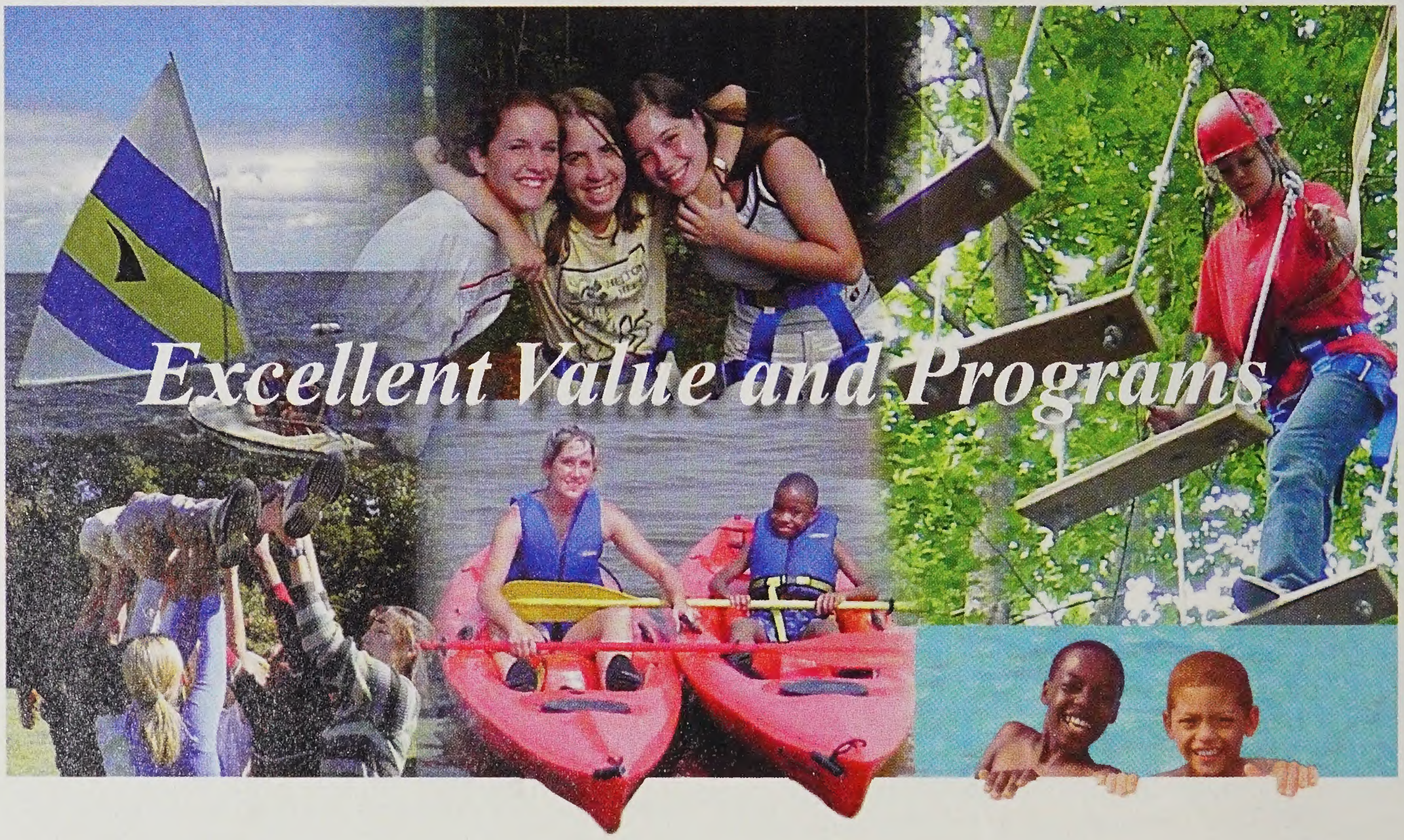
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